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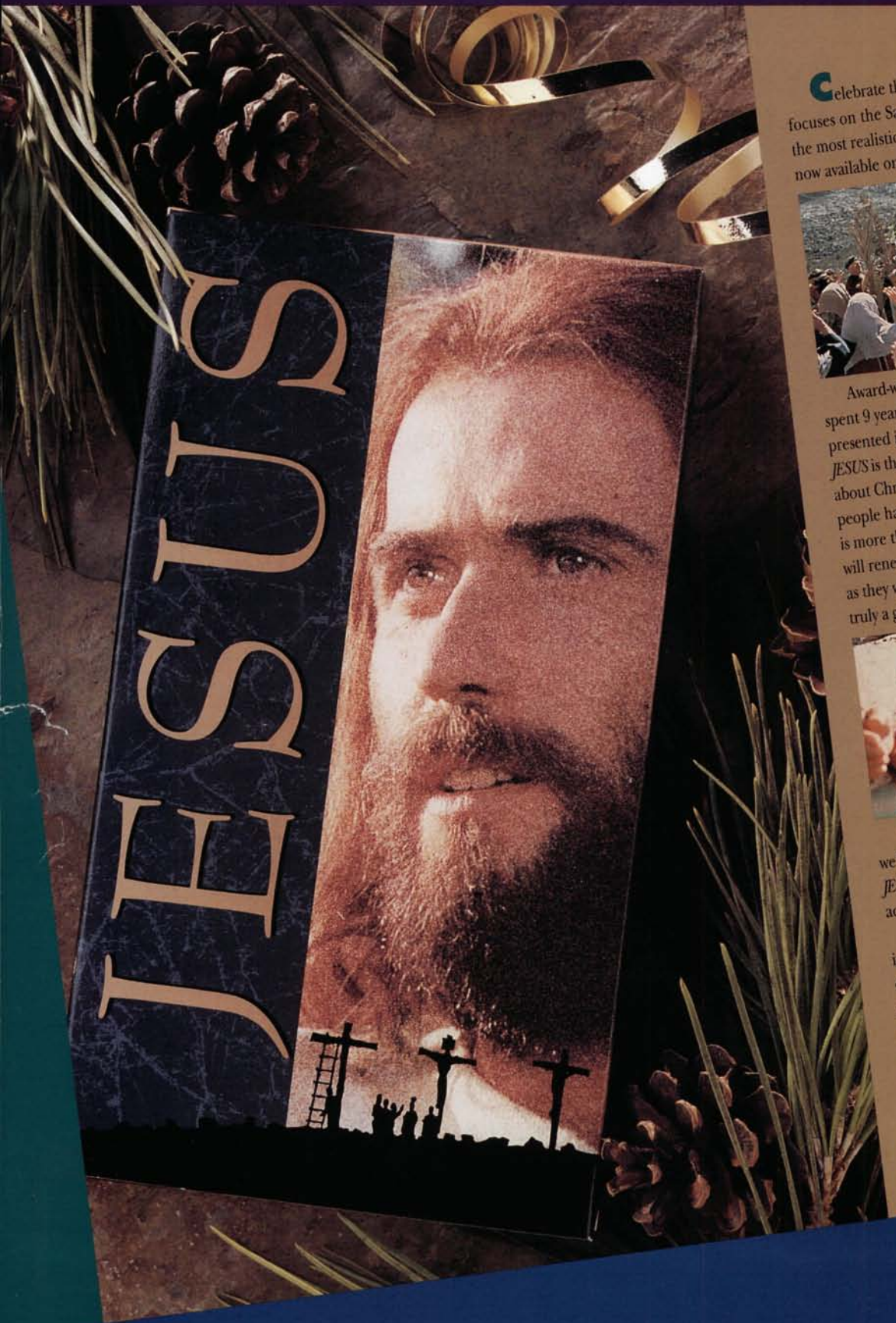

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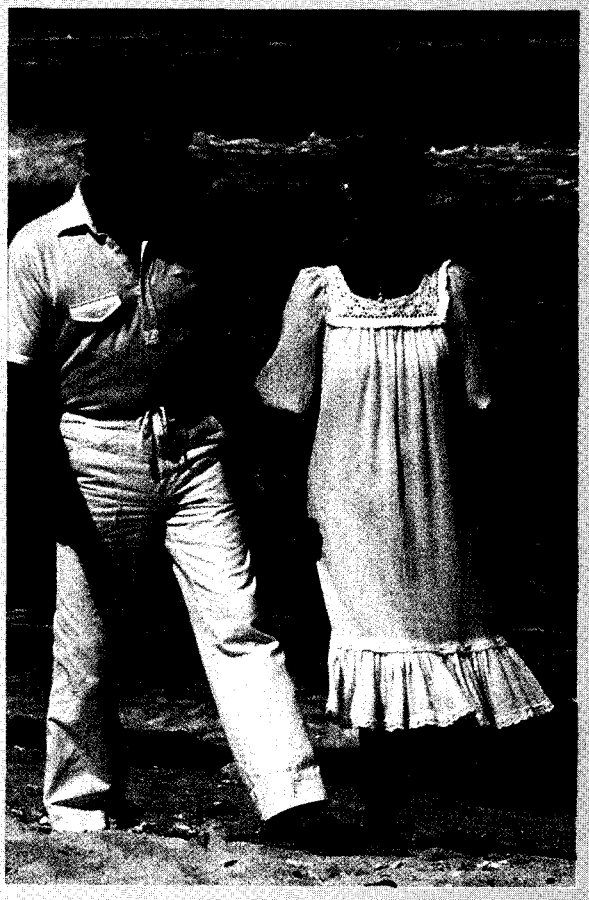

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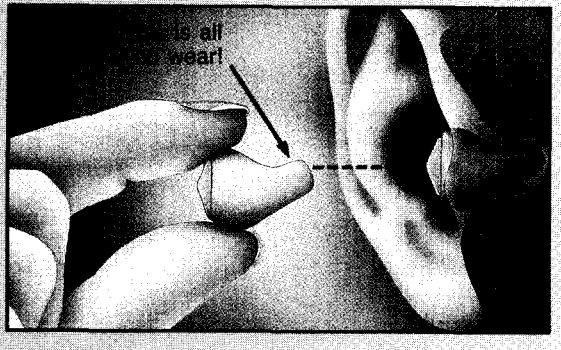

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Singer Amy Grant—successfully bridges the gap between gospel and pop music. **38**

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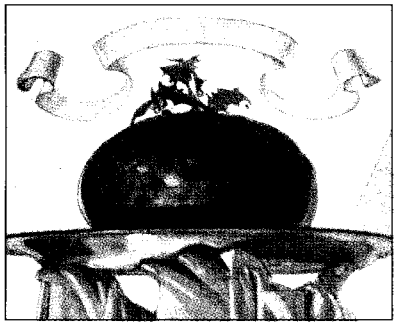

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THE SATURDAY EVENING POST

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(Cover photograph by Mark Tucker)

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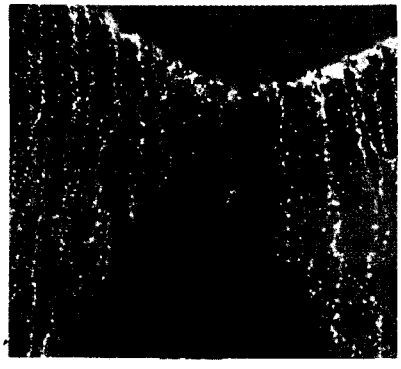

A Hawaiian Cruise—adds to the islands' many activities the thrill of catching whales on camera. **62**

Letters

Dance Missionaries

In answer to your article on dancing for health I would like to tell you what we have been doing for many years.

My husband and I took dance instruction 35 years ago. In fact that is where we met.

Even before we had completed our dance course we organized and taught a dance class. For 32 years we have been teaching in various Elks Clubs, private clubs, and ballrooms. Even a class on the 10th floor of a bank building.

We were living in Los Angeles, where we're members of four dance clubs. Upon retiring to Green Valley, we immediately started dance classes.

Green Valley is a beautiful, friendly retirement community. I went to our country club and the manager said he thought that was a good idea.

In a short while we formed a dance club called the "Starlighters." It now has 80 members, ages 65 to 85. For 18 years, we have enjoyed making new friends and dancing at our monthly parties. Also, we do shows at various clubs and hospitals. We teach waltz, fox trot, rumba, swing, cha-cha, and tango. Also line dancing for singles.

The class we look forward to most is at "La Posada," the Tucson Medical Center, here in Green Valley. So for 32 years we have helped lonely, crippled, and depressed people to make a new life for themselves

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1100 Waterway Boulevard,
Indianapolis, IN 46202
(317) 636-8881, Telex 27-440
Fax (317) 637-0126

Robert Silvers, *Associate Publisher*
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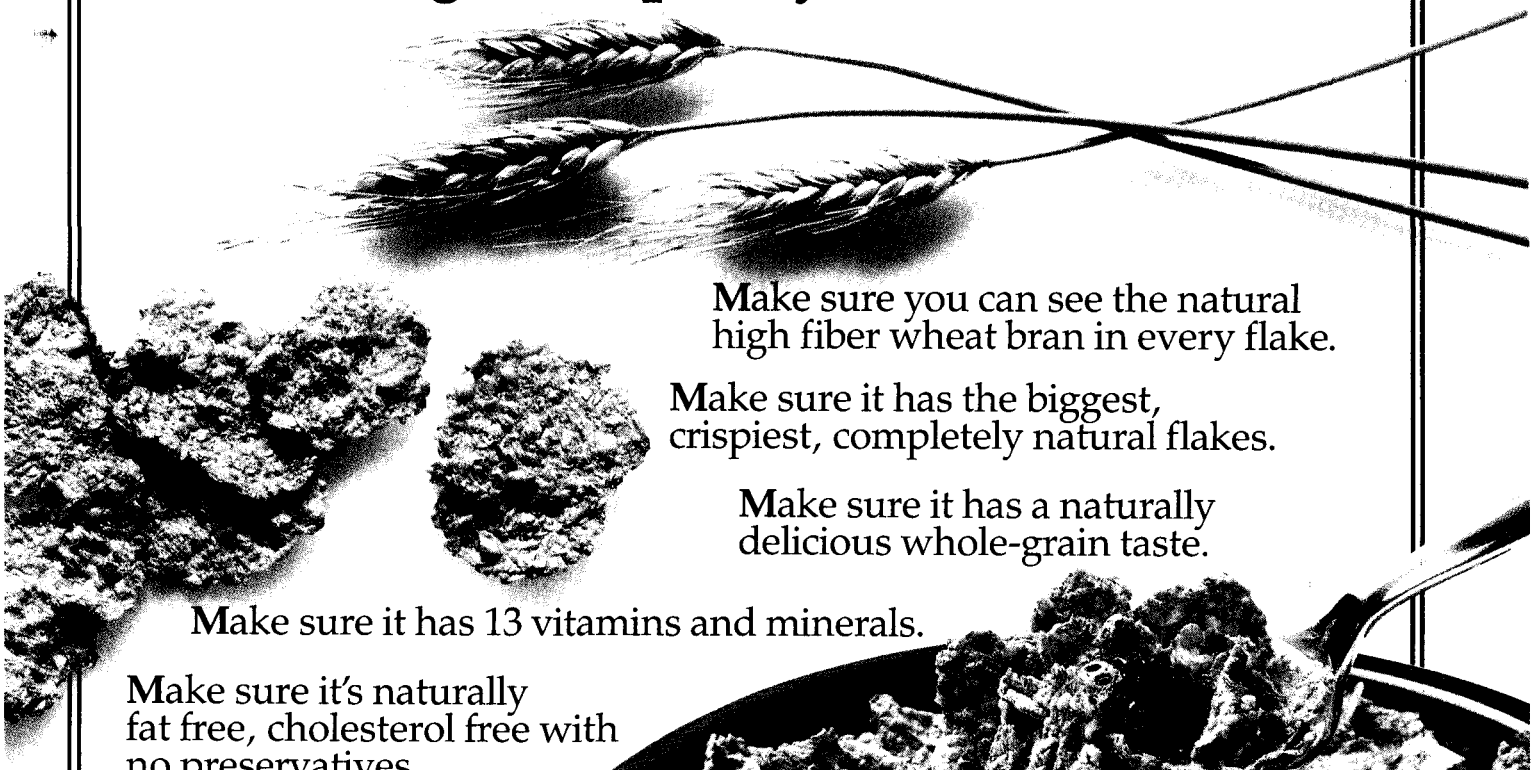

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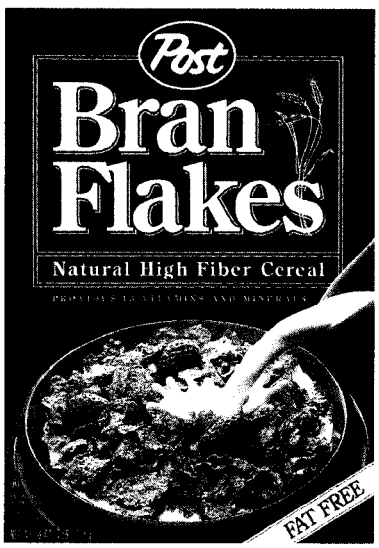

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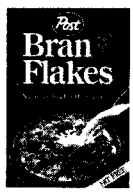

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through dance. I suppose you could call us "Dance Missionaries."

We would certainly like to attend your kickoff Saturday Evening Ball in Southern California.

Virginia and Art Brainard
Green Valley, Arizona

Help Through the *Post*

This is in reference to the letter from Doreen Butson of Ontario, Canada, in the May/June issue.

I have some very old copies of *Saturday Evening Post*s dated 1823 and 1824—19 copies of 1823 and 47 from 1824, all bound together in a large 13½" x 20½" ledger-type book.

Some highlights are the October 30, 1824 issue, showing a drawing of the "Grand Civic Arch" erected on Chestnut Street opposite the Hall of Independence to honor the arrival of General Lafayette on September 27, 1824. Also a message from President Monroe—the Monroe Doctrine.

All of the above were gathered and bound by John Zimmerman, an ancestor born March 22, 1798.

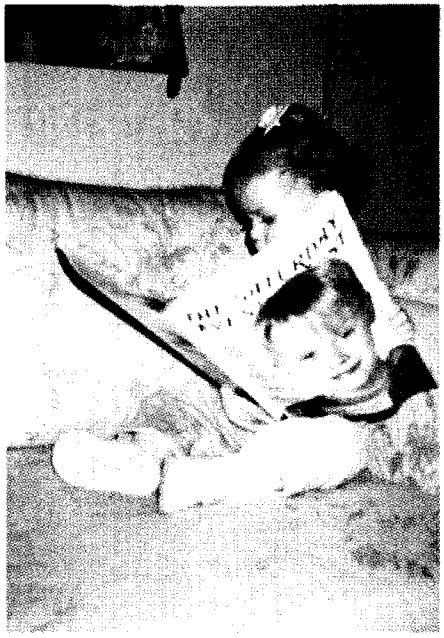
I would be happy to show them to Doreen Butson and her friends on her visit to Florida.

Frank Russel
Spring Hill, Florida

A Not-To-Be-Forgotten Child

My husband and I just enjoy your magazine so much and have been receiving it ever since you started publishing it again.

Can't begin to tell you of the many tips and helpful, healthful hints that have been a help to us and all that



we've shared the magazine with.

We hoped you would appreciate this darling picture of our granddaughter. She was one of Romania's "forgotten children" and now is one of the most cherished of all, by our whole family.

Tom and Joyce Stokes
Mission, British Columbia, Canada

Cause for Upset

Your July/August article on inflammatory bowel disease was informative but it just doesn't dig deep enough.

The major problem is monosodium glutamate (MSG, food "enhancers," and meat tenderizers). Other causes are over-processed food and lack of bulk in the diet.

I have nearly every symptom mentioned in the article. Various doctors diagnosed it as different diseases.

I was finally checked by an internist and I feel like I owe my life to him because he discovered the culprit at once.

This MSG is in much of the food we eat today. It is also used by restaurants on meats. It is in nearly every kind of soup. It is in dressings. Read the labels!

I nearly die when I eat anything that is "tenderized" or "tastified" with MSG. It tenderizes meats but it also tenderizes my intestines.

Could high dosages of MSG cause death in humans? I'd bet on it! How about some in-depth study on this silent, sneaky, subtle killer?

I read labels, I ask questions, but if I'm in doubt as to whether MSG is being used, I don't eat!

Jeannette Sword
Port Charlotte, Florida

Post Pal Wants Pen Pal

This is my first letter to a magazine out of my country, out of Europe. I'm very happy *The Saturday Evening Post* is that magazine.

Very often with school friends I'm reading newspapers and books in the American Culture Center in Skopje, Yugoslavia, where I heard about *The Saturday Evening Post.*

I'm very beautifully surprised by the *SatEvePost* and I think it is one of the most beautiful magazines in the U.S.A.

I send this letter and my address [Alec Saveski, Petar Deljan 5 1/15, Skopje 91000, Yugoslavia] to make a pen-pal friendship with a U.S. boy or girl my age.

I'm a pupil in second class in "Korcagin High School." I'm 16 years old, and I very much like sports—basketball, soccer, football, music, and computer science.

Alec Saveski
Skopje, Yugoslavia

Culkin Leading the Pack

I recently bought the July/Aug. edition of your magazine. I really enjoyed the article on the White House Youth Fitness Crusade. I like sports

"Hey, who picked this line-up!"

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and I am fit and healthy. I'm a Macaulay Culkin fan. I was wondering if you might know what his address is. If you do, would you please send it to me.

Kate Heffner
Oxford, Maine

Editor's note: Correspondence for Macaulay should be sent to International Creative Management, 40 W. 57th St., New York, NY 10019.

Up to Parr

I recently became a subscriber of *The Saturday Evening Post*, and every issue I receive is a trip into nostalgia.

I remember, as a schoolboy in the teens, delivering my *Saturday Evening Post* route along with my newspaper route and collecting 5 cents a copy along with the 10 cents a week for the paper.

The Saturday Evening Post was a way of life in those days with no radio or TV to distract the mind.

One of the heroes I followed in the *Post* was Inspector Parr's exploits as a detective in a series of stories by Frederick Irving Anderson.

Do you suppose that the *Post* could resurrect those stories and reprint them? I am sure a lot of people would enjoy them.

Carl Thorbahn
Fairhope, Alabama

Editor's note: Anderson wrote 55 stories for the Post *between 1913 and 1933. In addition to Inspector Parr, he also created another long-running character, Sophie Lang. Unfortunately, space limitations prevent us from reprinting his lengthy stories. However, we are sending you one of the Parr stories for your enjoyment.*

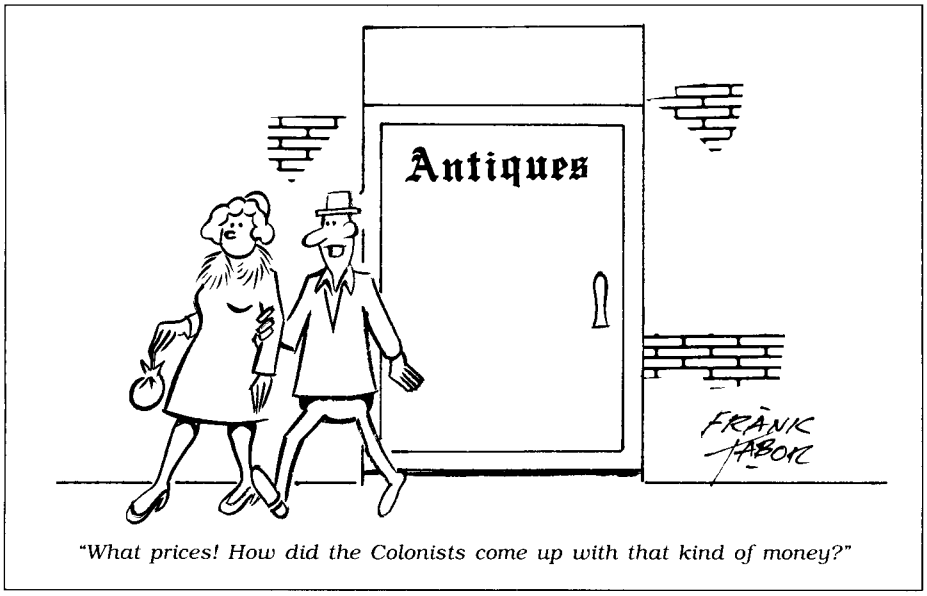
Still Loves the *Post*

Looking back to 1912 when I was ten, I remember how I delivered the *The Saturday Evening Post* for 5 cents, the *Ladies' Home Journal* for 15 cents, and the *Country Gentleman*.

How the *SEP* has changed in 79 years! I walked many miles to do that. I always kept one issue of the *Post,* which I enjoyed even at ten years old.

Now, your present *SatEvePost* is filled with so many things that I have subscribed to it. Continue with the interesting reading.

Harry Winkler
West Palm Beach, Florida



"What prices! How did the Colonists come up with that kind of money?"

Just Tell It to a Marine, Kids

Your story "Runaways," by Kurt Vonnegut, Jr., was disgusting, and should not have been printed in your magazine. It was disgusting because it was an extreme case of bashing parents and glorifying bad children.

The reason why our prisons, jails, and courts are overloaded is because writers, TV, and public schools are constantly bashing parents and glorifying children who are troublemakers, who want freedom without responsibility. In the meantime, parents and taxpayers are taking a beating.

I'm a retired Marine, who has raised/reared three sons and three daughters. They too have been brainwashed by social engineers, working through the public-school system. Well, they got the word from me, and all six turned out to be just as square as their parents.

Waclaw Smulski
San Diego, California

Loves Those Cartoons

I just finished reading the October issue of *The Saturday Evening Post,* and as usual it's topnotch. I especially enjoyed the article on Tom Clancy, my favorite author. I also enjoy the little features such as "The Perfect Squelch" and "You Be the Judge" and the cartoons. But this issue had very few cartoons compared to previous issues. I hope this isn't a new policy. Let's get those cartoonists off vacation and back to work.

Pat Shepherd
Painted Post, New York

A Grave Matter

Regarding your article about the anniversary of the Bill of Rights called "Flag-Waving Philly" in the May/June issue:

The first paragraph ended with "and other basic liberties we take for granted." I think it should have read "of which many of us take advantage."

Little did the preparers and signers of this wonderful document dream what it would come to. They are probably turning in their graves.

Margaret Glenn
Mertztown, Pennsylvania

Remembrance of Things Past

Some 40 years ago when my daughter was five there appeared in *The Saturday Evening Post* a delight-

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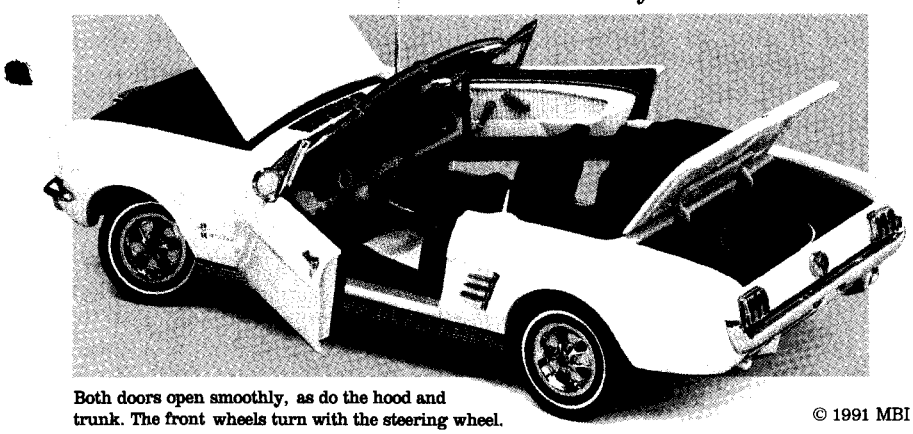

Both doors open smoothly, as do the hood and trunk. The front wheels turn with the steering wheel.

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ful poem by Ogden Nash, with accompanying illustration of a small girl admiring her father standing before a mirror.

For years a framed copy of the verse hung on the wall, but with passage of time and several moves it disappeared. Desirous of obtaining another copy to be framed and presented to my son, I communicated with the *Post* in hopes the little passage could be resurrected and discovered. It already had been, bountifully so, in the March 1991 issue of the magazine!

In reading the verse, I find missing the line "To hoard against a barren day." Was my recollection of the phrase dimmed with the passage of time or was it erroneously omitted in the reproduction?

John Kern
Point Clear, Alabama

Editor's note: You've got a great memory. The line you remember is in the opening paragraph following "Gathering rosebuds while I may." Thanks for setting the record straight.

Kevin Hits the Bull's Eye

I have always enjoyed reading your magazine. I admire most of those you feature. Your October '91 issue has been the best yet. I was overjoyed when I saw Kevin Costner looking at me in your magazine!

I am from South Dakota and I am one of Costner's admirers. I love his movie *Robin Hood, Prince of Thieves.* Your article on Costner was wonderful. Could you send me an address where I could write him? Many thanks.

Alicia Swenson
Rapid City, South Dakota

Editor's note: Correspondence for Kevin may be sent to Warner Brothers Studio, 4000 Warner Boulevard, Burbank, CA 91522.

Correcting a Misconception

I wanted to correct an error in regards to a letter in your July/August '91 *Saturday Evening Post*, entitled "Questioning the Surgeon General."

Elizabeth Van Valin, Churchville, New York, mistakenly wrote that our new Surgeon General Antonia Novello said, "Every day I drink one glass of champagne." Actually I had just finished reading her article in the May/June '91 issue and Mrs. Novello states, "Every Friday I drink one glass of champagne at Martin's Tavern in Georgetown."

Your article of Surgeon General Antonia Novello was very complimentary in the May/June '91 issue, and I wanted that impression not to be tarnished.

Hopefully you can print this letter to correct a misconception.

Harry D. Erlebach
Ontario, Oregon

Just Say No

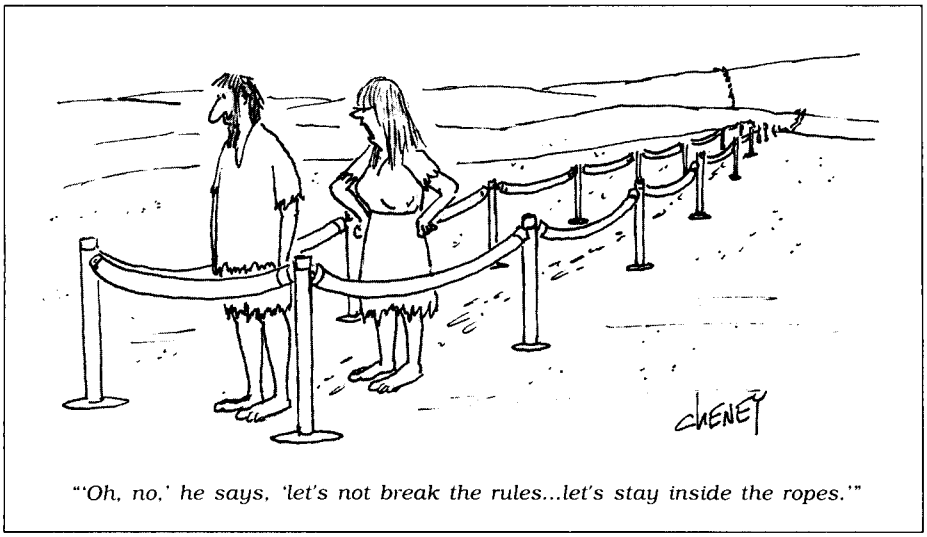
Parents are supposed to prepare the child for life. They never do this if they never say "no" to the kids. Bill Cosby says, "Saying no to children also means 'I love you.' " A permissive society opens the door to drugs.

Parents who do not say "no" to their children can hardly expect them to say "no" to drugs.

A judge in New York said drug users are the disillusioned in society. Spoiled by their parents, who almost never said "no" to them, they are now in the real world and they don't know how to cope.

We complain about schools that do not teach well; what about parents who do not train their children well for life?

J.R. Myers
Colorado Springs, Colorado



"'Oh, no,' he says, 'let's not break the rules...let's stay inside the ropes.'"

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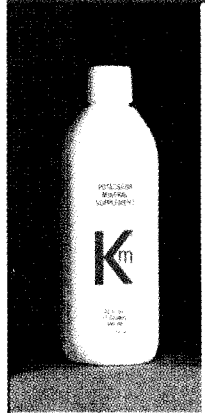

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Nat "King" Cole

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Jim Reeves

O Tannenbaum
Vienna Boys Choir

God Rest Ye Merry Gentlemen
Perry Como

Deck The Halls With Boughs Of Holly
Nana Mouskouri

Do You Hear What I Hear?
Bing Crosby

There's No Place Like Home For The Holidays
Perry Como

Winter Wonderland
Johnny Mathis

Sleighride
Arthur Fiedler And The Boston Pops

Jolly Old St. Nicholas
Eddy Arnold

The Christmas Song
Johnny Mathis

I Heard The Bells On Christmas Day
Andy Williams

It Came Upon A Midnight Clear
George Beverly Shea

Angels We Have Heard On High
The Trapp Family

Rudolph, The Red-Nosed Reindeer
Willie Nelson

Oh Little Town Of Bethlehem
Nat "King" Cole

Ave Maria (Schubert)
Luciano Pavarotti

My Favorite Things
Julie Andrews

It's Beginning To Look A Lot Like Christmas
Bing Crosby

There Were Three Ships
Burl Ives

We Wish You A Merry Christmas
The Fireside Singers

Have Yourself A Merry Little Christmas
John Gary

Frosty The Snowman
Mitch Miller And The Gang

What Child Is This?
Johnny Mathis

Silent Night Holy Night
Roger Whittaker

Hallelujah Chorus, From Handel's Messiah
Mormon Tabernacle Choir
Eugene Ormandy, Conductor

O Come All Ye Faithful
Elvis Presley

Dance Of The Sugar Plum Fairies
New Symphony Orchestra

The Holy City
Rita Ford's Music Boxes

It's The Most Wonderful Time Of The Year
Andy Williams

May The Good Lord Bless And Keep You
Kate Smith

Let It Snow! Let It Snow! Let It Snow!
The Fireside Singers

Hark! The Herald Angels Sing
Eugene Ormandy And The Philadelphia Orchestra

Joy To The World
Percy Faith

The Twelve Days Of Christmas
Connie Francis

Jingle Bells
Dean Martin

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The Harry Simeone Choralle

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Post People

Dr. Kenneth Cooper joins the Children's Better Health Institute's Grand-Time Striders walking program. His new book, *Kid Fitness*, couldn't have come out at a better time for T George Harris, editor-in-chief of the

Children's Better Health Institute, who is launching the Grand-Time Striders program—grandparents walking with their grandchildren as a way to help both become healthier.

Asked if he had a grandchild for walking, Dr. Cooper quickly responded, "I hope not—my children aren't married." Not to worry, however, the Grand-Time Striders program encourages seniors to adopt a grandchild. He quickly adopted Wesley Brown to launch the Grand-Time Striders program at his thriving Aerobics Center in Dallas. Anyone who sees Dallas without seeing the Aerobics Center hasn't seen Dallas. Every year, it becomes a more exciting place to shape up, and now kids have been included. ♜

Billy Crystal's triumphant movie, *City Slickers*, in which urban cowboys join a cattle drive, has added more than fame and fortune to the 43-year-old comedian/writer/actor's reputation and bank account.

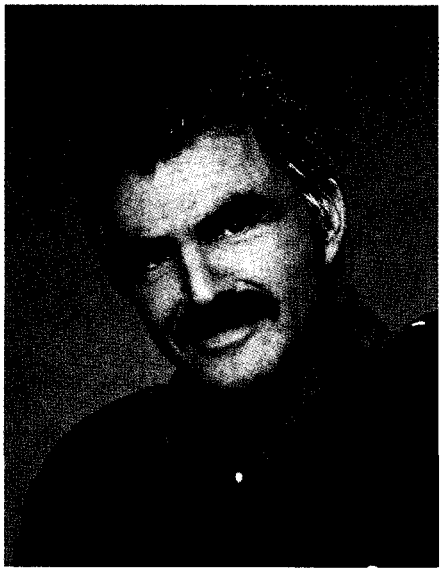
"It will make me sound like Shirley MacLaine," he admits, "but I had this feeling that I *was* a cowboy. I just

seemed to know how to do all that cowboy stuff"—which included roping a steer on his very first try.

Coming up with the idea for *City Slickers* also gave him the liberty to add the scene in which he confides to the cow he is midwifing, "You really should have adopted—you're never going to get your figure back." ♜

Burt Reynolds has temporarily come out of the shade—that's "Evening Shade," of course, his current hit TV series. Thanks to a remark by the late David Niven, who suggested he turn his storytelling into an act, Burt has now gone and done it.

With the help of his friend, director

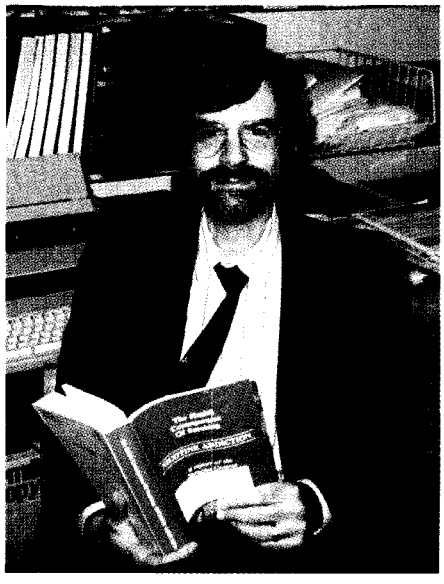


Charles Nelson Reilly, the act went on the road through 18 cities in the South and Midwest. Slated to appear at 8:30 p.m. and often not showing until 9 or after, there nonetheless have been no complaints from his audiences; the star may stay on the stage reminiscing until after midnight.

Surely he doesn't need the money—he's a movie star. "Evening Shade" has been renewed for another year. Perhaps the need is elemental: Burt Reynolds just likes to talk. ♜

Richard Daynard, Northeastern University law professor and chairman of the Tobacco Products Liability Project, can at last raise the victory banner over a lawsuit the group filed in 1987. According to the settlement, customers will have to prove they're old enough before they can buy cigarettes from Store 24, a New England convenience-store chain.

The lawsuit alleged that two Massachusetts teenagers repeatedly pur-



chased cigarettes in the 109-outlet chain despite state laws prohibiting tobacco sales to people younger than 18. Daynard says Store 24 agreed to improve enforcement of the law, "including a requirement of positive identification of age and appropriate monitoring to ensure employees comply."

The Massachusetts law provides for fines of up to $300 for selling cigarettes to minors, Daynard points out, but the law is rarely enforced.

He and other activists predict the agreement with Store 24 will set nationwide precedents, as 44 other states now have laws banning tobacco sales to minors. ♜

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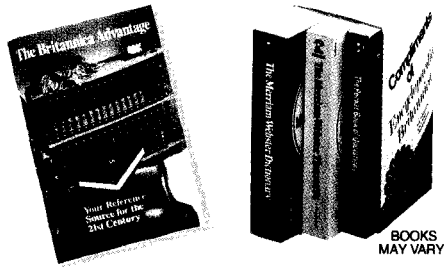

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TO BE CORRECT, SAY IT ISN'T SO

A lighthearted history of the evolution of "ain't"—the once elegant contraction that now simply is not.

by Wen Smith

Illustrated by Don Trawin

People who say *ain't* take a lot of ribbing, unless their tone makes clear that they "know better." Generations of teachers have treated *ain't* like a verbal cockroach, with about the same result that science has had in ridding the world of the insect.

Some historians of language are convinced that *ain't,* like the cockroach, was probably here before mankind. In the sequence of creation, *ain't* must have been flung against the firmament about the fourth day.

On the other hand, *ain't* may be much younger. The carbon dating system used by linguists says the word first appeared during the 18th century, probably about the time that America was revolting into the United States. But the word was not of American origin.

It was the upper classes of England, believe it or do your own research, who first affected slurred speech, dropping their *g's* in *readin'* and *writin'*, and so on. The same affectation led to the collapsing of syllables and the jamming together of two or more words to form what we call contractions.

Most words like *can't, you'd,* and *they're* came into fashion about that time. Thus the great controversy over whether to say "we will" or "we shall" was at last resolved by the invention of the *we'll.*

During the 18th century in Britain this slurring and omitting of sounds became vogue, even chic. But it wasn't then heard in the street talk of the uneducated. No, the fad was an "in" thing among the upper classes, the wenching, fox hunting, or otherwise idle gentry and their suffering ladies. Almost as of one voice, they took to saying *ain't* for am not, *isn't* for is not, *aren't* for are not, and so on. Some even said *i'n it* for isn't it, as in "This weather's dreadful, i'n it?"

One burden of those upper classes was that they were perversely imitated by the envious lower. And thus came *ain't* into the speech of the British working class and finally into the American language. It probably happened like this:

The upstairs maid, throwing open the bedchamber blinds and waking her mistress with "Good morning, Madam," was answered by the lady's genteel groan and the announcement, "I ain't gettin' up today," meaning "*I am not,*" you see.

Closing the blinds and returning to her own world below stairs, the maid carried that information to the butler, who relayed it back upstairs to the master's room: "My lady says she ain't gettin' up today."

Now the master, though perhaps grateful for the good news, heard "*she ain't*" as the grossly ungrammatical "she *am not.*" He drew the covers over his head with a groan, a genteel one, of course.

Next day the maid threw open her mistress's curtains with "G'mornin', M'um! Ain't it a lovely die?" and once again a genteel groan responded to the uncouth grammar.

Naturally, once adopted by the household help, the *ain't* fad was *déclassé* to the upper crust. The master and his lady convinced themselves that the nice distinction between *am not* and *is not* could not be explained to the butler and the maid, let alone to the hostler and those who trimmed hedges. The only safe thing to do was never say *ain't* around the servants. Thus *ain't* came to be a no-no among the upper classes.

Alas, it was too late. *Ain't* had already found its way downstairs and into the stables, along with all the

continued on page 85

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FOOD

ELEGANT HORS D'OEUVRES

Celebrate the holiday season by preparing finger-licking appetizers that fill you up but not out.

When guests come calling for the holidays, relax and be of good cheer. Prepare in advance with a tempting array of finger foods, dips, and spreads.

These appetizers have everything going for them, including the guests. They're low in calories, easy to make ahead of time, and they're deliciously spiced to celebrate the season.

Green and red is the colorful theme for this nibblers' feast, which includes a fresh seafood platter with a zesty cocktail dipping sauce and a low-fat version of the ever-popular Swedish meatball in a tangy Marsala sauce.

The cracker/vegetable dip can be whipped up in a minute using low-fat sour cream and a salt-free herb seasoning. A tasty Onion-Swiss spread made with low-sodium cheese and non-fat yogurt rounds out this healthful hors d'oeuvres table.

Seafood Cocktail Sauce

(Makes 10 servings)

1 cup no-salt-added catsup
2 tablespoons finely chopped celery
1 1/2 tablespoons fresh lemon juice
1 tablespoon Mrs. Dash Salt-Free Onion & Herb Seasoning Blend
1 tablespoon prepared horseradish

In small mixing bowl, combine all ingredients. Mix well. Cover and refrigerate at least 1 hour before serving. Serve with choice of chilled seafood.

Per Serving (2 tablespoons):

Calories: 19	Sodium: 25 mg
Protein: 0.5 grams	Cholesterol: 0 mg
Fat: 0.1 grams	Carbohydrate: 4 grams

Savory Cocktail Meatballs in Sauce Marsala

(Makes 9 servings)

Meatballs

1/2 pound extra-lean ground beef round

Onion & Herb Swiss Spread ▶

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1/2 pound ground turkey
1 cup cooked instant brown rice, prepared without salt
3/4 cup reduced-fat, low-sodium Swiss cheese, shredded
1/3 cup finely chopped green bell pepper
2 egg whites or 1/4 cup frozen whole egg substitute, thawed
4 tablespoons Onion & Herb Seasoning Blend

Preheat oven to 375° F. In large mixing bowl, combine all ingredients in order given; mix thoroughly. Cover with wax paper and refrigerate 30 minutes. Shape into 1-inch meatballs. Arrange on baking sheet lightly coated with non-stick cooking spray. Bake for 25-30 minutes, until lightly browned and thoroughly baked.

Per Serving (4 1-inch meatballs):
Calories: 79 Sodium: 54 mg
Protein: 10 grams Cholesterol: 15 mg
Fat: 3 grams Carbohydrate: 3 grams

Sauce Marsala
(Makes 3 cups)

1 16-ounce can whole, peeled, no-salt-added tomatoes, drained and coarsely chopped; reserve liquid
1 6-ounce can tomato paste
1/2 cup Marsala wine
1/3 cup water
2 tablespoons Onion & Herb Seasoning Blend
4 teaspoons sugar
1 small green bell pepper, seeded and cut into 2-inch julienne strips (1 cup)

In medium saucepan, combine tomato liquid and all remaining ingredients except green pepper strips. Bring to boil over medium heat. Reduce heat to low simmer. Continue cooking 10 minutes, stirring occasionally. Add green pepper strips; continue cooking 1 minute. Remove from heat. Transfer meatballs to 2 1/2- to 3-quart chafing dish. Pour sauce over meatballs and stir lightly before serving.

Per Serving (2/3 cup):
Calories: 44 Sodium: 28 mg
Protein: 2 grams Cholesterol: 0 mg
Fat: 0 grams Carbohydrate: 9 grams

Sour Cream & Onion Dip

2 tablespoons Onion & Herb Seasoning Blend (or to taste)
8-ounce container of low-fat sour cream

In mixing bowl, combine both ingredients. Mix thoroughly. Cover and refrigerate for 30 minutes. Serve with choice of fresh vegetables or unsalted crackers.

Per Serving (2 tablespoons):
Calories: 30 Sodium: 28 mg
Protein: 1 gram Cholesterol: 8 mg
Fat: 2 grams Carbohydrate: 4 grams

Onion & Herb Swiss Spread
(Makes 3 cups)

8-ounce package of low-fat, pasteurized, processed cream-cheese product
6 ounces reduced-fat, low-sodium Swiss cheese, shredded (approximately 1 1/4 cups)
1/2 cup non-fat yogurt
1 tablespoon low-sodium prepared spicy brown mustard
1/3 cup finely chopped red bell pepper
1 tablespoon Onion & Herb Seasoning Blend

In mixer bowl or food processor, combine cream-cheese product, shredded Swiss cheese, yogurt, and mustard. Turn mixture into 1- to 1 1/2-quart bowl. Stir in chopped red bell pepper and seasoning blend. Mix well. Cover; chill at least 3 hours before serving (best if made 1 day ahead and chilled overnight).

Per Serving (2 tablespoons):
Calories: 60 Sodium: 102 mg
Protein: 4 grams Cholesterol: 9 mg
Fat: 4 grams Carbohydrate: 9 grams

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GIVE CAROTENE IF YOU CARE

Forget the gingerbread house, and don't be a cookie pusher. These carrot recipes are gifts you can make that say "to your good health" and mean it.

Gifts from the stovetop are gifts from the heart. For generations, Christmas kitchens have been filled with the aromas of home-cooked foods, prepared for family and special friends. It is still the thought that counts. And thinking about the continued good health of loved ones is truly a gift that keeps on giving.

Carrots are rich in vitamin A and carotene, which has been consistently linked to protecting against forms of cancer.

Forget calorie-rich sweets. Surprise all with delicious, colorful carrot recipes, wrapped in beautiful glass containers. Label food gifts, indicating the name of the recipe, the date, and that it should be refrigerated.

A gift of good food will always receive a warm welcome.

Carrots Caribbean-Style
(Makes 1 2/3 cups)

2 cups fresh carrots cut in julienne strips
3/4 cup pineapple juice
3/4 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
1/16 teaspoon ground black pepper

In medium saucepan, combine fresh carrots, pineapple juice, cinnamon, nutmeg, and black pepper. Bring to boil. Reduce heat and simmer, covered, until carrots are crisp-tender, about 15 minutes.

Per serving (1/2 cup):
Calories: 83 Fat: 0.4 grams
Sodium: 57 mg Cholesterol: 0 mg

Merry Carotene Marinated Carrots
(Makes 8 servings)

2 pounds carrots, cooked (do not overcook)
1 medium bell pepper, sliced or slivered raw
1 medium onion, sliced
1 can tomato soup
1 1/2 teaspoons hot Tabasco
1/4 cup oil
3/4 cup apple-cider vinegar
1 teaspoon dry mustard (or can use prepared mustard)

Whip all marinade ingredients well. Drop onion and pepper slices into marinade. Pour marinade over drained, slightly cooked and sliced carrots. Place in refrigerator. Store and chill for 8-12 hours before serving. Will keep up to three weeks in refrigerator (if you can keep them that long). Suggestions for gift-giving: Fill pint jars with these, top with lid.

Per serving (1/2 cup):
Calories: 73 Fat: 4 grams
Sodium: 182 mg Cholesterol: 10 mg

Italian Marinated Carrots
(Makes 3 cups)

1 pound carrots, peeled and cut into 1/2-inch slices (about 3 1/2 cups)
1/2 cup olive oil
1/4 cup wine vinegar
1 tablespoon oregano leaves, crumbled
2 teaspoons instant minced garlic
1/2 teaspoon salt
1/2 teaspoon ground black pepper

In medium saucepan, bring 1/2 cup salted water to boil. Add carrots. Re-

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turn to boil. Reduce heat and simmer covered until carrots are just tender, about 10 minutes. Drain off liquid. In 1-quart jar, combine oil, vinegar, oregano, garlic, salt, black pepper, and sugar. Add drained carrots; mix well. Cover and refrigerate 24 hours, shaking jar at least once.

Per serving (1/2 cup):
Calories: 150 Fat: 13.7 grams
Sodium: 163 mg Cholesterol: 0 mg

Carrot-Potato Soup
(Makes 6 servings)

1 tablespoon safflower oil
3/4 cup chopped onion
2 cans (12 ounces each) carrot juice
1 3/4 cups diced peeled potatoes
1/4 teaspoon salt (optional)
1/4 teaspoon ground mace
1/16 teaspoon ground black pepper
1 cup skim milk
1/4 cup plain low-fat yogurt
Grated raw carrot

In medium saucepan, heat safflower oil until hot. Add onion; sauté until transparent, about 5 minutes. Add carrot juice, potatoes, salt, mace, and black pepper. Bring to boil. Reduce heat and simmer, covered, until potatoes are tender, about 8 minutes. Remove from heat. Pour half of hot mixture into container of electric blender. Whirl until smooth, stopping blender and scraping down sides of container. Remove to bowl and repeat with remaining mixture. Return all to saucepan; add milk. Heat until hot. Serve each portion topped with 1 tablespoon yogurt and sprinkle of grated carrot.

Per serving (2/3 cup):
Calories: 110 Fat: 2.8 grams
Sodium: 390 mg Cholesterol: 1 mg

Herbed Carrot Salad Dressing
(1 cup)

1/2 cup carrot juice
1/4 cup safflower oil
3 tablespoons lemon juice
2 tablespoons nonfat dry milk
1 teaspoon onion powder
1/2 teaspoon powdered mustard
1/2 teaspoon thyme leaves, crushed
1/2 teaspoon grated lemon peel
1/8 teaspoon salt
1/8 teaspoon ground black pepper

In jar with tight-fitting lid, combine carrot juice, safflower oil, lemon juice, nonfat dry milk, onion and mustard powders, thyme, lemon peel, salt, and black pepper. Shake until combined. Let stand for 1 hour. Serve over salad greens, if desired.

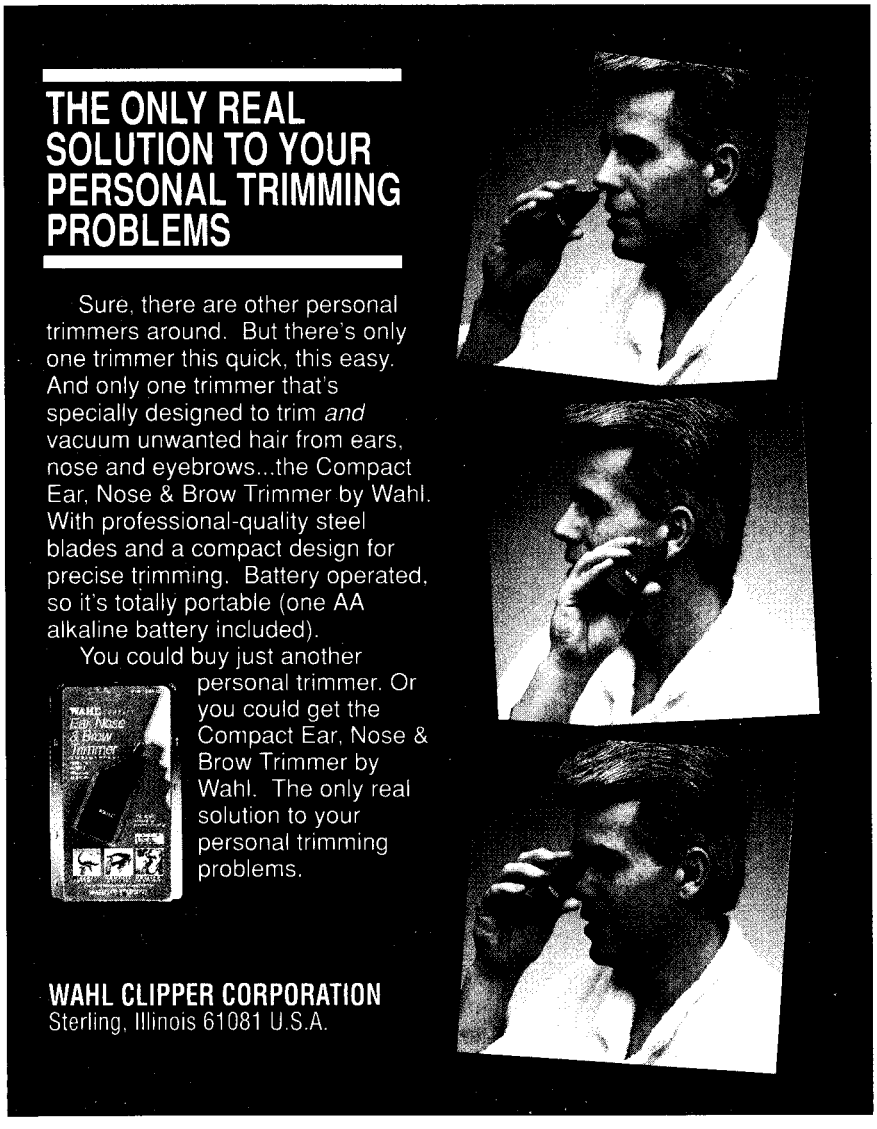
Per serving (2 tablespoons):
Calories: 72 Fat: 6.9 grams
Sodium: 101 mg Cholesterol: trace

Savory Carrot Dressing
(Makes 1 1/4 cups)

1 tablespoon cornstarch
3/4 cup canned carrot juice, divided
1/4 cup chopped scallion (green onion)
3 tablespoons cider vinegar
2 tablespoons safflower oil
1/2 teaspoon crushed garlic
1/2 teaspoon salt (optional)
1/8 teaspoon ground black pepper

In small saucepan, blend cornstarch with 1/4 cup of carrot juice. Stir in remaining carrot juice. Cook and stir over medium heat until mixture boils and thickens, about 1 minute. Remove from heat. Stir in scallion, vinegar, safflower oil, garlic, salt, and black pepper. Cool. Serve over mixed greens, if desired.

Per serving (2 tablespoons):
Calories: 31 Fat: 2.7 grams
Sodium: 147 mg Cholesterol: 0 mg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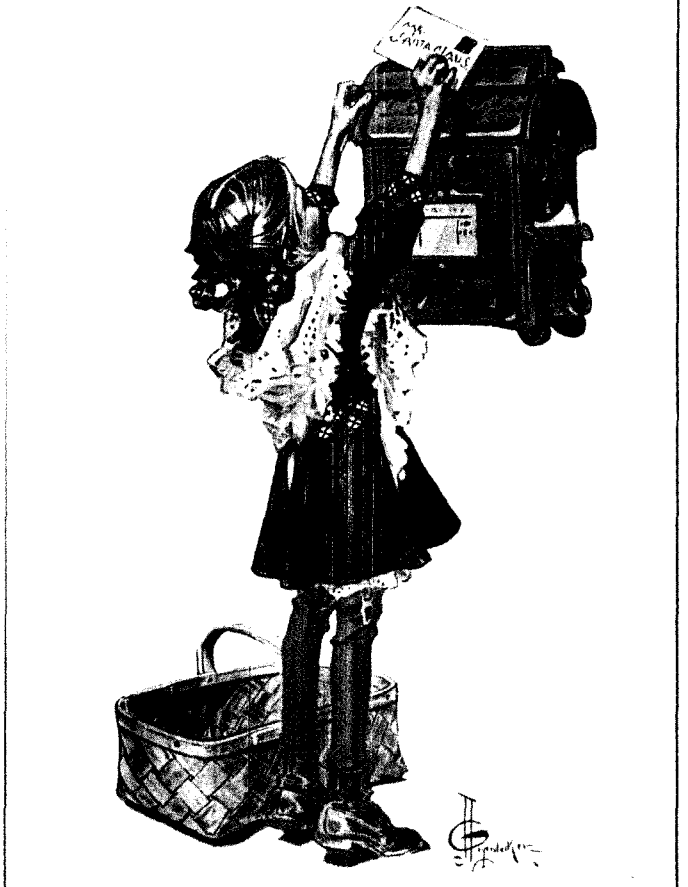

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DR. DEAN ORNISH'S HEALTHY HOLIDAY BUFFET

Start a new tradition in your home this year—
and discover how delicious heart-healthy celebrating can be.

Holidays are a time to share good cheer, family traditions, and of course, great food. But even before the festivities begin, we start to worry about how to survive the celebration. Traditional, fat-filled dishes add unwanted pounds, and they also contribute to heart disease.

Fortunately, there are many excellent alternatives: low-fat recipes using grains, vegetables, legumes, and non-meat broths that are fast becoming part of America's new healthful way of eating.

Consider the following from *Dr. Dean Ornish's Program for Reversing Heart Disease.* These recipes are designed to help you keep your cholesterol level at a safe and healthy 150 mg/dl. Each entrée can be a meal in itself—or combine them for a delicious, nutritious holiday buffet. Start a new tradition in your home this year—and find out just how satisfying heart-healthy celebrating can be. Bon appetit!

From the book Dr. Dean Ornish's Program for Reversing Heart Disease *by Dean Ornish, M.D. Copyright © 1990 by Dean Ornish, M.D. Reprinted with the permission of Random House, Inc.*

Lydia's Mexican Casserole

(Makes 8 servings)

1 dozen 6-inch corn tortillas, oil-free, uncooked
1 medium onion, chopped
2 cups diced tomatoes
2 cups tomato salsa
Ground cumin
1 red chili pepper or 1 jalapeño chili, chopped
3 cloves garlic, minced
1 27-ounce can whole green chilies
12 ounces firm tofu, mashed
32 ounces non-fat yogurt
1 tablespoon dry no-oil vinaigrette salad dressing mix
Freshly chopped cilantro for garnish

Preheat oven to 350° F. Using non-stick baking dish, line casserole with six tortillas. Mix together onion, tomatoes, salsa, 1 teaspoon cumin, chopped red chili pepper, and garlic. Pour about three-fourths of mixture into casserole. Lay green chili peppers flat over this, then mashed tofu. Cover with remainder of tortillas. Add remaining chopped tomato and salsa mixture. Mix yogurt with dry salad dressing mix and pour over chopped tomato and salsa. Sprinkle a little ground cumin over this and bake for 35-45 minutes. Garnish with cilantro.

Variation: Substitute cooked beans for the tofu.

Per serving (1 cup):
Calories: 269 Total fat: 4.3 gm
Cholesterol: 5 mg Saturated fat: 0.6 gm

Mushroom and Leek Crêpes

(Makes 7 servings)

Filling:
3 cups sliced leeks
1/2 cup dry white wine
2 1/2 cups thinly sliced or small-diced domestic mushrooms
2 1/4 ounces fresh shiitake mushrooms
1 teaspoon balsamic vinegar
Salt
Freshly ground black pepper
1 tablespoon Italian parsley or mixed herbs

Crêpe Batter:
1/2 cup unbleached all-purpose flour
1/2 cup whole-wheat pastry flour
1/3 cup masa harina (a type of corn flour)
2 cups water

Sauce:
5 ounces dried shiitake mushrooms
4 large onions, roughly chopped
4 cups domestic mushrooms
6 cups water
2 cups dry red wine
6 tablespoons semolina flour
Freshly chopped parsley or other herb for garnish

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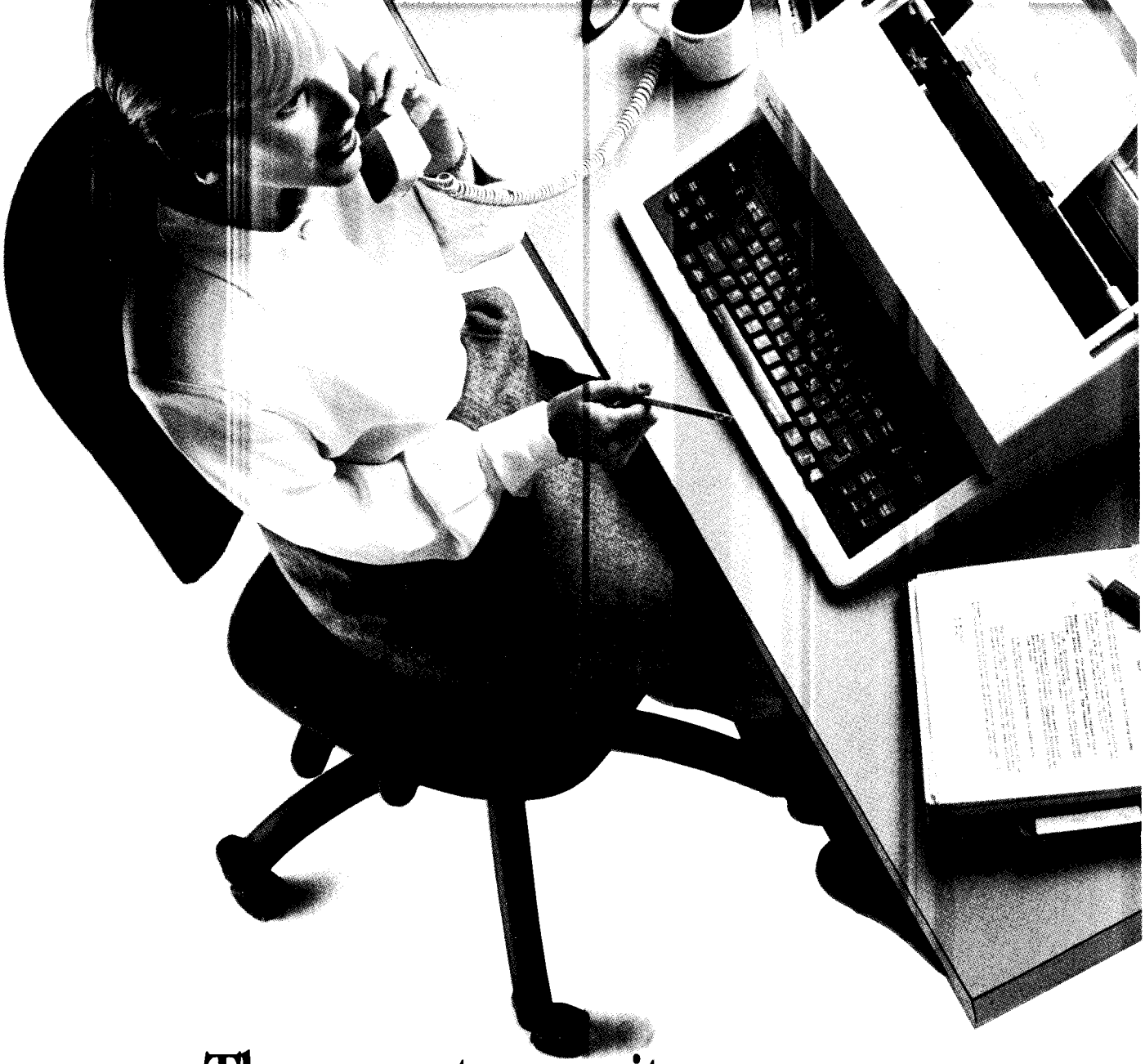

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For filling, braise leeks in white wine for 20 minutes. Add domestic and fresh shiitake mushrooms. Add balsamic vinegar to mushrooms and cook until all liquid has been released and is mostly reduced. Add salt and pepper to taste before mushrooms have been completely cooked. Toss with parsley or mixed herbs. There should be 5 cups filling.

For the crêpe batter, sift flours and masa harina together. Mix in water until batter forms light cream that can coat wooden spoon. If batter is lumpy, you can blend it in blender. Make test crêpe. Ladle about 3 ounces of batter onto nonstick skillet. Cook until golden on both sides. The crêpe should be wafer-thin and malleable; if not, add more water and mix again. There should be about 3 cups batter, enough for 14 crêpes.

For sauce, add shiitake mushrooms, onions, and domestic mushrooms to water. Cook for 30-45 minutes, until onions become soft and some of liquid is reduced. Use slotted spoon to remove onions and mushrooms, reserving liquid. There should be about 1 1/2 cups remaining. Add 2 cups red wine to stock and cook for a few minutes on very high flame to reduce alcohol. Gradually whisk semolina flour into simmering hot stock until thickened but still pourable. There should be about 2 2/3 cups sauce.

Preheat oven to 375° F. For each crêpe, fill with 1/3 cup filling and top with 1 1/2 tablespoons sauce. Roll and place in baking pan. Repeat until all 14 crêpes are made. Ladle more sauce over crêpes in baking dish and bake 10 minutes, or just until hot. Use chopped parsley or chopped fresh herbs as garnish.

Per serving (2 crêpes):
Calories: 325 Total fat: 1.3 gm
Cholesterol: 0 mg Saturated fat: 0.1 gm

Cranberry Aspic
(Makes 4 servings)

1/2 cup fresh cranberries
1/4 cup chopped, seeded, and peeled oranges
1/4 cup cored and peeled ripe persimmons or apples
1/3 teaspoon freshly grated nutmeg
1 tablespoon agar-agar gelatin flakes
Lettuce, parsley, or other greenery for garnish

Pulse all ingredients except garnish in a food processor or blender until chunky. Place in saucepan and heat to boiling, stirring constantly, until agar-agar flakes are completely dissolved. Pour into nonstick or lightly oil-sprayed gelatin mold or decorative glass bowl and chill until firm. To unmold, run bottom of bowl under hot water for a few seconds, then turn aspic onto a platter. Decorate with lettuce, parsley, or other greenery.

"If your mother and I had wanted a daughter like Madonna, we would have had one like Madonna!"

Per serving (1/4 cup):
Calories: 17 Total fat: 0.2 gm
Cholesterol: 0 mg Saturated fat: 0.1 gm

Asparagus with Roasted Red Peppers
(Makes 4 servings)

1 1/2 cups asparagus
1 medium red pepper
1 teaspoon freshly minced garlic
1 teaspoon balsamic vinegar
Salt
Pepper

Remove hard bottom stem of asparagus and slice rest of stalk into approximately 1-inch pieces. Blanch asparagus and put into ice-cold water to stop it from cooking further. Drain and set aside.

Roast red pepper in 500° oven for 20-30 minutes, turning occasionally. When skin has darkened and blistered, remove pepper from oven. Transfer to bowl and cover with aluminum foil. Let cool 30 minutes, then peel off skin and seed pepper. Slice into julienne strips and toss 1/2 cup roasted pepper with garlic and vinegar. Let marinate a few minutes, then toss peppers with asparagus. Add salt and pepper to taste and serve.

Per serving (1/2 cup):
Calories: 16 Total fat: 0.2 gm
Cholesterol: 0 mg Saturated fat: trace

Minestrone Soup
(Makes 6 servings)

1 cup chopped onions
3 tablespoons freshly minced garlic
1 cup minced carrots
1/4 cup freshly minced parsley
1 teaspoon dried oregano
1 teaspoon dried basil
1/2 teaspoon dried thyme
1/4 cup dry red wine
1/2 cup chopped celery
1 cup sliced cabbage
1/4 cup chopped green bell pepper
2 cups vegetable stock or water
1 cup cooked Great Northern beans
1 1/2 cups chopped tomatoes
1/4 teaspoon ground cloves
1/4 cup salt-free tomato paste
1 cup apple juice
2 cups unsalted vegetable juice cocktail
1 cup sliced zucchini
1/4 cup egg-free, oil-free macaroni
Salt
Freshly ground black pepper

Braise onions, garlic, carrots, and herbs in wine until onions are soft. Add celery, cabbage, bell pepper, and 1 cup of stock or water and simmer for 5 minutes, stirring occasionally. Add beans, tomatoes, cloves, tomato paste, apple juice, and vegetable juice and bring to boil. Lower heat and simmer 15 minutes. Add zucchini and simmer another 2 minutes. Add macaroni and cook 8 minutes more. Add salt and pepper to taste.

Per serving (1 cup):
Calories: 154 Total fat: 0.6 gm
Cholesterol: 0 mg Saturated fat: 0.1 gm

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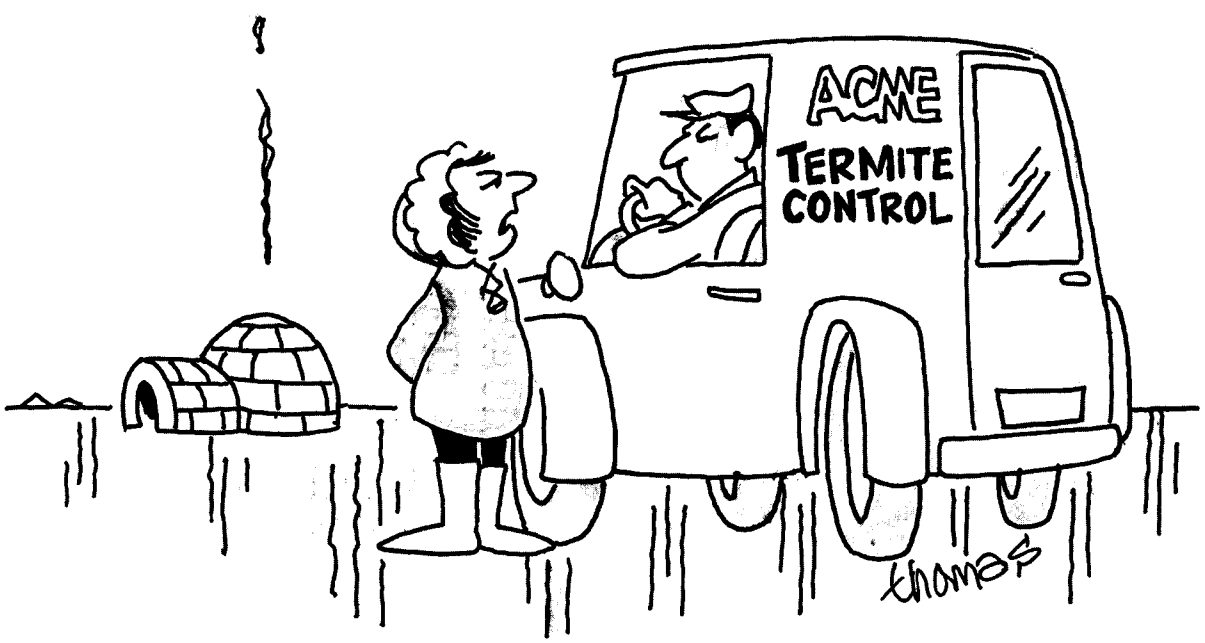

"May I ask who does your marketing research?"

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Ben Kinchlow and Madeline Balletta Have A Secret They Want To Share

They both travel extensively.
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Madeline's Story

For Madeline Balletta the discovery was made nearly nine years ago. She knew and believed that her body was fearfully and wonderfully made (Psalm 139:14), but something was wrong. There was fatigue — she was virtually bedridden and often too tired to speak. There were periods of loneliness, confusion, depression and debilitating pain. The initial diagnosis was Multiple Sclerosis; four years later other doctors diagnosed Chronic Fatigue Syndrome.

Then there was hope. A friend brought a natural food substance to Madeline's attention and things began to work together for good. Gradually, her health improved, the pain lessened and her strength was renewed.

When this same wonderful product was given to her son (who had suffered for years with chronic bronchial asthma), Madeline saw his condition improve dramatically. She then knew this was something that had to be shared — and with prayer and thanksgiving, Madeline started her own company to make **Bee-Alive** available to others.

Ben's Story

Ben Kinchlow, best known for his years as co-host of The 700 Club, met Madeline and was impressed by the vitality she radiates. He was introduced to **Bee-Alive** and hasn't stopped using it since.

Ben never had any major health problems, just his non-stop schedule and occasional nasal congestion. Since starting on **Bee-Alive**, the congestion has stopped but Ben certainly hasn't. These days he's busier than ever, and he says that **Bee-Alive** "...provides a definite lift". He has found that Bee-Alive "...enhances one's overall energy level and mental alertness and gives a general feeling of well-being". **Bee-Alive** even helps him overcome jet lag!

Your Story

Whether you're sick and tired of being sick and tired, or healthy and eager to stay that way, **Bee-Alive** is one secret you'll want to get in on. Maybe you are one of the millions who suffer from stress and its effects. Studies show that 80% of all illnesses are stress-related and that stress can weaken your body's own defenses, leaving you susceptible to colds, flus and infections. When you call 1-800-543-BEES, you'll speak with someone who is well-trained, well-informed, and willing to listen. Ben Kinchlow says our consultants are "...caring, concerned, helpful and efficient. They're prepared to go the extra mile."

Call 1-800-543-BEES toll-free. We'll listen; we'll care. We'll pray with you and give you encouraging words. And we'll tell you more about this wonderful secret.

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A BRIEF HISTORY OF GIVING

A humorous look at some hard lessons learned in the art of buying gifts—through the ages.

by Patrick McManus

AGE EIGHT: I have yet in my life to give anybody a gift. I have not even thought about giving anybody a gift. By some happy stroke of fate, I have been exclusively on the receiving end of gifts. I am happy with this arrangement and see no reason to change it.

AGE NINE: Mother tells me the time has come when I should start giving Christmas presents to other members of the immediate family. We argue. She wins.

Mother gives me three dollars to buy presents for my sister, grandmother, and herself. The Saturday before Christmas I go to town to shop for gifts. I am tense, confused. Then I find the perfect gift for my sister. Christmas money now reduced to $2.95.

Stress of shopping makes me hungry. Contemplate eating half of sister's gift, but resist temptation. Drop into Nieman's Soda Fountain and calm my nerves with banana split. Christmas funds now reduced to $2.70 but nerves calm.

Return to shopping in decisive mood. Buy grandmother five skeins of embroidery thread—my first thoughtful gift. ("Oh, how thoughtful!") Buy Mother exquisite little red glass cup—my first expensive gift. ("Oh, you shouldn't have!") Relax with hot dog and Coke. Both I and Christmas funds exhausted.

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AGE TEN: My previous Christmas gifts a big hit. So buy sister another candy bar, grandmother five skeins of embroidery thread, and Mother exquisite little red glass cup. ("Well, it's the thought that counts.") Starting to get the hang of Christmas shopping.

AGE ELEVEN: Acquire girlfriend—first serious relationship with opposite sex. Become aware of relationship when Betty Swartz whispers to me that Ruthie likes me. I smile nonchalantly and break out in cold sweat. No girl has ever liked me before. This is heady stuff. Words spread fast that Ruthie and I like each other. I can think of little else.

Ruthie is one of the most beautiful girls in the sixth grade. I'm the envy of all the boys to whom I've spread the word that Ruthie likes me. I wonder if I should consummate the relationship by actually speaking to Ruthie. Decide to wait; no sense crowding her at this fragile stage.

Hear a rumor that Ruthie plans to give me present for Christmas. Cripes! Lie awake nights worrying about whether I should give Ruthie a present. What if it's all a big joke? Maybe Ruthie doesn't intend to give me a present at all. Maybe Ruthie doesn't even like me. Cripes! But what if Ruthie gives me a present and I don't give her one? Cripes! I'd better give her a present. But what? I have no idea what girls like. Ask Mother. She says all girls like nice soap, that I can't miss with nice soap. I don't know much more about soap than I do about girls, but buy Ruthie the nicest soap I can find and gift wrap it, with a little pink bow on top.

At recess the last day before Christmas vacation, Ruthie and I exchange presents. I smile nonchalantly, Ruthie giggles. I sense that soon we will actually talk. Ruthie's present to me turns out to be a Big Little Book, a genre I gave up some years before,

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but it's the thought that counts. By the end of the day, word comes that Ruthie has broken off our relationship. She doesn't like me anymore.

I report the failed romance to Mother. "You gave her what? Three bars of Lifebuoy!" Mother walks away shaking her head. Just my luck to have my first affair with the one girl in the world who doesn't like soap.

AGE TWELVE: Shopping for the family is no easier; more complicated if anything. Sister's allergy has cleared up, and she is now allowed to eat candy. Mother informs me she herself has an adequate, perhaps even excessive, supply of exquisite little red glass cups. On the plus side, grandmother says she may soon take up embroidery as a hobby.

AGE THIRTY: Have gradually begun to master the two basic types of gifts: the thoughtful and the expensive, and their respective difficulties. Realize that nothing is gained by combining the two. Each stands on its own merits. To pour both thought and expense into a single gift is to waste either thinking or money. You don't have to expend any thought on a diamond bracelet for a wife or girlfriend, or on a sports car for your kid. They will be happy with an expensive gift even if it is totally thoughtless. (I suppose there are families of sufficient wealth where a wife might say, "A sable stole! How thoughtful of you, Fred!" or the kid might say, "Gee, Dad, how thoughtful—a Ferrari.")

The expense of the expensive gift, of course, must be apparent. It is unwise, I learn, to pay big bucks for an antique pine chest that may turn out to be identical to one the recipient's grandparents are currently using for a cat box. If I pay $400 for a gift, it better shout out "Four hundred dollars!" loud and clear. Otherwise, I might as well go with a thoughtful gift.

Being of modest means in this period of my life, I am limited to giving thoughtful (cheap) gifts. The thoughtful gift, alas, involves the tedium of actually thinking about the recipient at some length, in order to match the fit to his or her lifestyle, hobby, occupation, or emotional state of the moment. As I now know, one must be particularly wary of thoughtful gifts that may imply unintended statements about the recipient's character or, worse yet, make rude remarks about his or her habits of personal hygiene. That is why gifts of soap, or handkerchiefs for that matter, should be avoided. ("A box of handkerchiefs? Is he trying to tell me . . . ?") Indeed, gifts that make statements of any kind are fraught with risk. My policy now is to select only those gifts that know how to keep their mouths shut.

AGE FORTY: Begin teaching the art of giving. Wife buys expensive wood bowl for friend, Frieda, who's done her a special favor. Bowl is hand-carved out of wood so rare only five other pieces exist in tne world, four under lock and key in the Vatican. Carving personally signed by dead artist, Leonardo da Vinci Perkins, whose name is spoken in hushed reverence by aficionados of wood-bowl carving.

Wife begins wrapping gift. Using Socratic method, I attempt to instruct her on the art of expensive giving.

"Am I correct in assuming Frieda knows her woods pretty well?" I ask.

"Frieda couldn't tell a two-by-four from a sheet of plywood."

"I see. Wouldn't she have perhaps developed an interest in rare woods while studying the works of Leonardo da Vinci Perkins?"

"Frieda? She's never even heard of Perkins."

"Hmmmm. Do you think it might be a good idea to insert the receipt somewhere in the wrapping as though it had slipped in there by accident?"

"That's so crude and disgusting only you would think of it!"

"True. But do you perhaps see any resemblance between this work of art and the bowl our daughter Erin turned out in high-school shop class when she was a sophomore? Is it at all possible that Frieda might think this is a thoughtful gift related to her gardening, drill a drain hole in the bottom, and plant petunias in it?"

"Well, don't just stand there. Go get the receipt out of my purse while I undo an edge of the wrapping."

AGE FIFTY-FIVE: There are now 87 different occasions and several hundred people for whom I must buy gifts throughout the course of each year. If I go on a trip with my wife, I am for some unknown reason

continued on page 103

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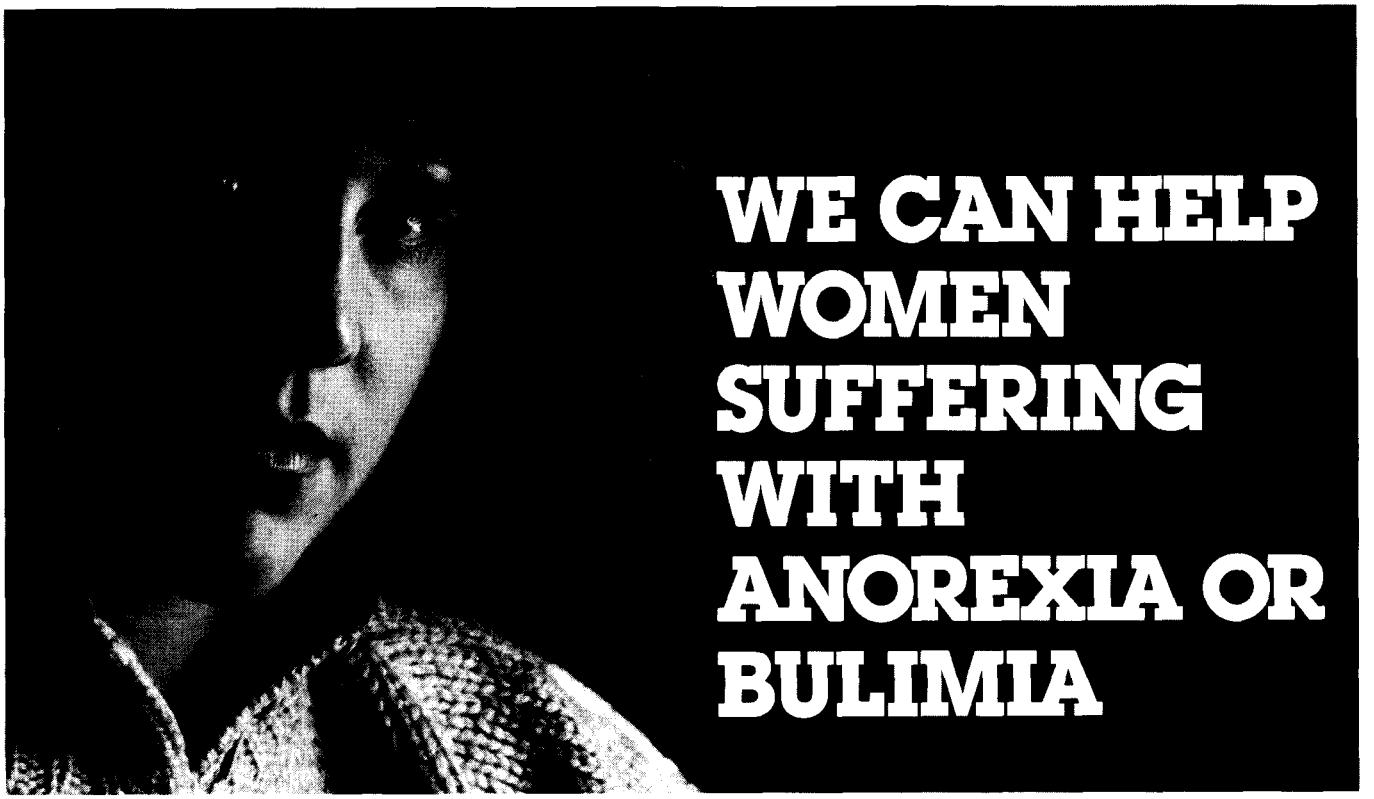

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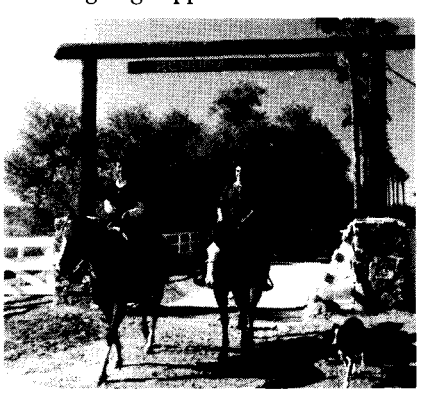
A HIGHLY SKILLED PROFESSIONAL STAFF. Our medical, psychiatric, and clinical program staff prepares each Remuda Ranch guest to return to her family with the courage and determination to live a happy, healthy, and productive life.

A critical part of our continuing commitment to our guests once they have left Remuda Ranch is to maintain a referral program with affiliated professionals around the country who provide our guests and their families with on-going support and treatment.



A RELAXED WESTERN SETTING. Remuda Ranch provides a broad range of activities including a complete equestrian program as an integral part of our individualized therapy. Each guest actively participates in every phase of her own recovery. This active yet casual Western setting is located in the high Sonoran desert of Wickenburg, Arizona, 60 miles northwest of Phoenix.

TAKE THE FIRST STEP. We realize the first step is often the most difficult. It is also the most important! Please take time to call Remuda Ranch now, at 1 (800) 445-1900. Do it for yourself or for someone you know. We will answer any questions you have and we assure you that your call will be kept completely confidential.

Remember, new hope begins at Remuda Ranch.

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Paul Harvey's

The Rest of the Story Collector's Edition

(Special Feature) For over 40 years "Paul Harvey" has been a household name. The biggest and best voice in America has shocked, thrilled and brought us to tears on radio. He has shared his real-people mysteries with millions around the world.

Now for the rest of the story. Because of special demand, Tresco Publishers of Canton, Ohio has made arrangements with Doubleday & Company, Inc. for a small press run of the celebrated Paul Harvey hardcover book, *The Rest of the Story*. It has been out-of-print for some time, so this edition is not available in any bookstore. This special reprint makes this book a rare and valuable Collector's Edition.

The book features 82 shocking accounts about real people--the rich and famous from Hollywood, history, sports and politics. It reveals little-known secrets that seem scarcely believable such as:

- **The man almost elected president--killer of a teenage girl.**
- **The little grey mouse that created one of today's superstars.**
- **The gentle doctor whose cruel discovery inspires universal terror.**

Remember, this Collector's Edition has been specially reprinted just for this offer. To order your copy, simply print your name and address and the name "Paul Harvey" on a plain piece of paper. Mail it along with your check or money order in the amount of $19.95 plus $2 handling or charge to your VISA/Mastercard by including account number and expiration date to: Tresco Publishers, Dept. P225, 1457 South Main Street, North Canton, Ohio 44720. For even faster service VISA/Mastercard or C.O.D., call toll free 1-800-772-PAUL, Ext. P225.

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See Why...

A Living Trust Lets You Rest In Peace

Did you know that writing a Will may be one of the biggest mistakes we can make?

It's true!

A Will doesn't protect our loved ones against paying huge fees to lawyers, executors and courts for even the smallest estate. Probate can slice up to 10% or so from an estate and take months or years for final settlement.

In fact, the only thing worse than having just a Will is the nightmare that's created when you have no Will at all.

Because then the State steps in to decide who gets our assets -- our bank account, home, car, valuables, other possessions. Money we've worked so hard to earn is gobbled-up by court and legal fees before our heirs ever get one penny.

What can the average wage earner do to avoid the problems of a Will? Plenty.

Today, under current laws anyone can eliminate costly legal and court fees with a little-known, simple legal paper called a Living Trust.

A Living Trust has been praised by our leading estate planners, and reported in publications such as The Wall Street Journal, Money Magazine, Business Week and others because:

- It eliminates the costly and lengthy probate process.
- Your estate goes instantly to your heirs without going through the courts.
- It gives you complete control of your estate to make sure that all your wishes are carried out.
- It's revocable. You can change who shares your estate at any time.
- Unlike a Will there's no public record for others to see. It's secret.
- You can name and change trustees at any time.

The Wall Street Journal reported that a Living Trust is much faster, cheaper, and more private than settling a Will.

And Business Week wrote that a Living Trust reduces the possiblity of heirs fighting over your estate.

You must never forget that legal and executor fees to probate a Will range from 6% to 10% before your heirs receive their inheritance.

And when attorneys charge from $60.00 to $150.00 or more per hour that can wipe out thousands from even the smallest estate!

Look at how probate cut into the modest estates of these people:

- Simon Morris' Will left $77,500 in cash to his widow. But before she could receive it, the probate process grabbed $9,375 of the widow's share.
- R.L. Roberstone probably thought his Will would pass $162,114 on to his heirs. They found out probate fees cost $6,484.59.

The pity is that these people could have passed every cent to their loved ones by avoiding costly probate.

Remember: Whether your assets are huge or small a Living Trust will save you money. In fact ... on a percentage basis Living Trusts save more on small estates than large ones!

And you can save even more because we have shown hundreds of thousands of people just like you how to do it. It's simple.

The DSA Living Trust Kit was developed with a team of legal scholars and practicing attorneys. It explains in easy-to-understand language how to set up your own Living Trust.

Instructions and guidelines are written in simple English. Illustrated step-by-step forms show you how to custom-tailor a legal trust to meet your special personal needs and bequests to heirs and charities so all your wishes are carried out.

Though DSA's exclusive Living Trust Kit will save you and your loved ones a small fortune -- we have kept the price especially low to enable everyone to benefit from it. Less than the cost of a good dinner out. We are so certain that you will find it invaluable that we insist you examine it on a 90-Day No-Risk Guarantee. It's easy to get your Living Trust Kit. All you have to do is send your check or money order in the amount of $19.95 plus $2 handling or charge to your VISA/Mastercard by including account number and expiration date to: DSA Financial Publishing Corp., Dept. W93, 708 - 12th St. N.W., Canton, Ohio 44703. For even faster service, VISA/Mastercard or C.O.D., call toll free 1-800-321-0888, Ext. W93.

Order within the next 15 days and you'll also get a Free Bonus Report on estate planning. Supplies are limited so you must act now.

Examine and use the Kit for 90 risk-free days. Show it to your lawyer. If you are not 100% satisfied don't keep it. Simply tear off the cover and send half of it back. You will receive a full refund. Fair enough?

A Living Trust is too important to put off another day. Order for your family's security by phone or mail now!

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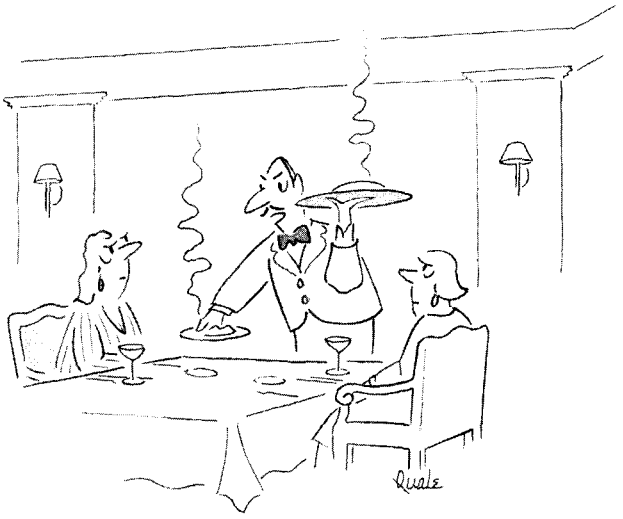
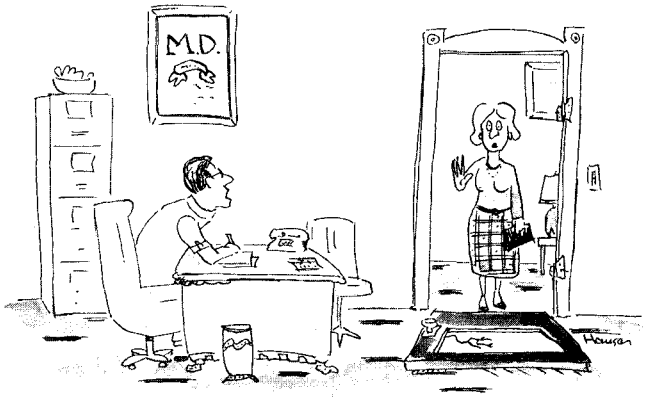


"Who's having the lesser of two evils?"

"Here's another diet book you can shelve under 'fiction'!"

"What part of the chicken do the nuggets come from?"



"I thought I told you to ease up on the vitamins, Mrs. Kibble."

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VICTOR BORGE VIDEOS

THE BEST OF BORGE

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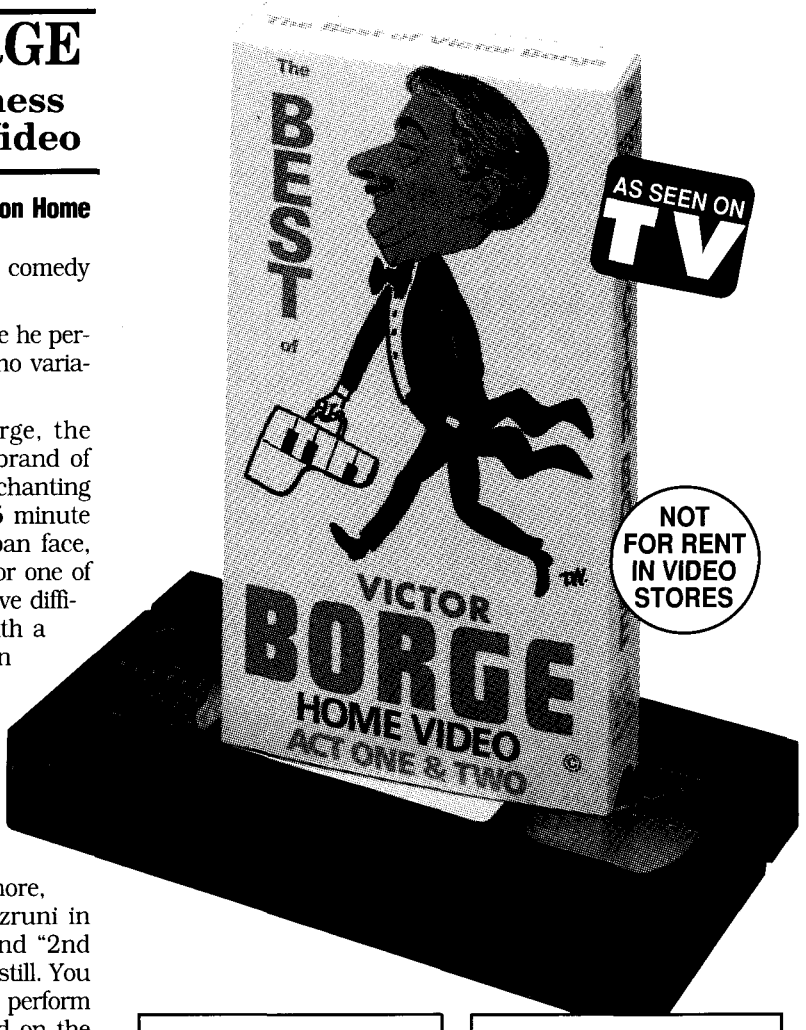
Now the fabulous King of Musical Madness is on Home Video.
See the world's funniest man performing the comedy bits that have become legends.

You'll need a seatbelt to stay in your chair while he performs his outrageous pratfalls, one-liners, piano variations, and side-splitting musical explanations.

More popular than ever, classy Victor Borge, the beloved "Great Dane", performs his unique brand of humor, coupled with the most delightful, enchanting piano solos, before a live audience. In the 45 minute show soprano Marylyn Mulvey, whose deadpan face, coupled with a brilliant voice, sets Borge up for one of the funniest routines ever created. You will have difficulty catching your breath as Borge works with a "stupid" page turner who happens to be his son Ron. Borge warns that he has four more children like that.



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The 90 minute show includes everything from the 45 minute show, plus an additional 45 minutes of comedy madness. Just when you thought you couldn't laugh any more, Borge teams with the very funny Sahan Arzruni in Borge's piano interpretation of the four-hand "2nd Rhapsody by Fliszt." Even the piano can't stay still. You won't believe your ears when you hear Victor perform all the vocal parts in his "Salieri Opera" based on the world's zaniest plot. His "Inflationary Language" brings the hilarity to an even higher level, which can only be topped by the one and only "Phonetic Punctuation" which Borge uses to close this laugh marathon.

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ABOUT THE ARTIST
Born into a musical family in Copenhagen, Victor Borge was hailed as a piano prodigy at age 8. He eventually gained fame for combining comedy with piano music. He holds the record for the most one-man shows on Broadway (849, in 1953), and has been knighted by the five Scandinavian countries.

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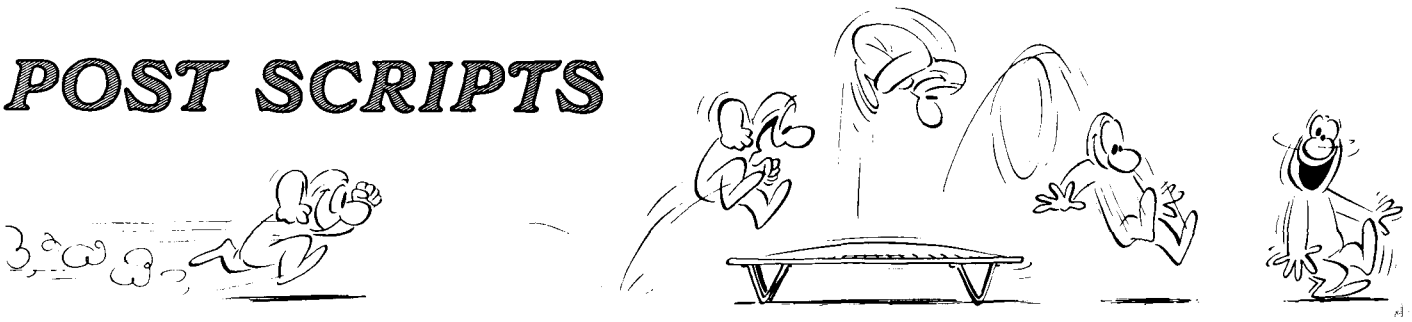


Party of the First Part

My uncle believes in reincarnation,
He'll be back again, he knows,
That's why he's made his will
To himself before he goes.

—Olga McCoy

Time Is Money

A dentist said that he charged $15 to pull a tooth.

"That's a lot of money for a job that takes only seven or so seconds," said the patient.

"Well," said the dentist, "I can't lower my fee, but if you wish I can take a little longer."

—Bobbie Mae Cooley

Did You Hear Something?

Nothing original ever came from an echo.

—Sam Ewing

Love Sees No Faults

Marriage is like a card game. They start with a pair; he shows a diamond, she shows a flush, and they end up with a full house.

—James Curnane

Economy Is the Poor Man's Mint

A budget is something you can stay within if you're willing to go without.

—Ivern Ball

Let a Smile Be Your Umbrella

Some think those lines around our eyes
Are due to age and mileage.
Well, maybe so—but it's nice to know
They're partly due to smileage.

—G. Sterling Leiby

What Goes Around Comes Around

Education is something you get when your father sends you to college. But it isn't complete until you send your son to college.

—Rose Sands

Wise Beyond His Years

Before boarding a bus with her young son, a mother cautioned him: "If the driver asks your age, say you're five years old."

The driver did ask his age, and the little fellow replied that he was only five.

"You're a big boy for five," said the driver. "When will you be six?"

"Just as soon as I get off this bus," the youngster replied.

—Trenda Leigh

Excellence Is the Perfect Excuse

The most valuable gift you can give another is a good example.

—B. Bader

A Born Politician

My nephew, age six, had his hand in the cookie jar when his mother entered the kitchen. "What did I say I would do if I caught you in the cookie jar?" she scolded.

"It's funny that you forgot, Mommy," Jimmy replied, " 'cause I can't remember either."

—Mrs. L.W. Mayer

Waist Not, Want Not

It isn't the minutes or the hours you spend eating that make you gain weight—it's the seconds!

—Henry Boye

Quick on the Withdrawal

Sometimes the folks who put away
Some money for a rainy day
Will up and spend it in a twinkle
When they detect a little sprinkle.

—G. Sterling Leiby

A Mother's Wisdom

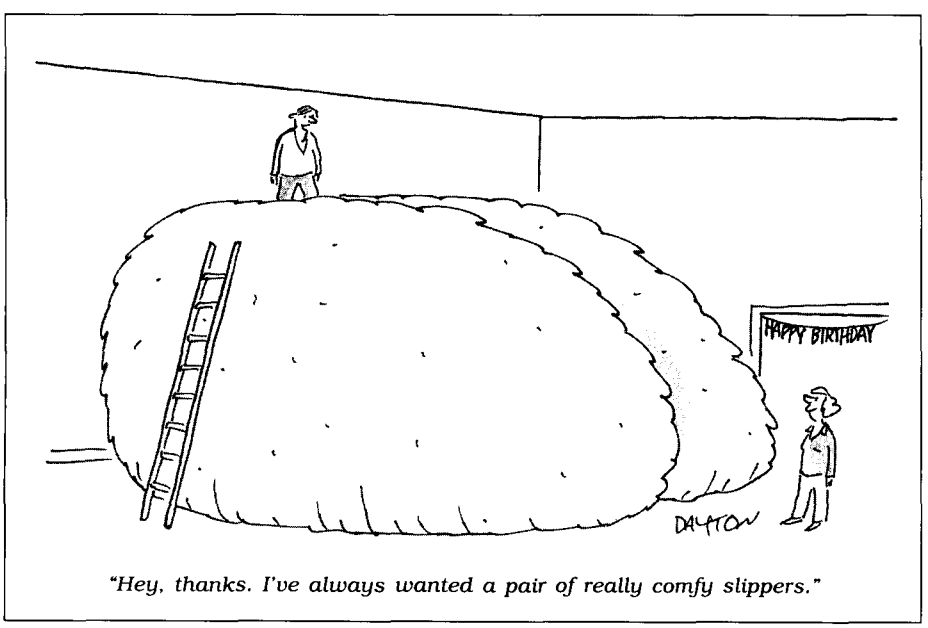
My mother was a very wise woman. She taught her children that the happiest people don't always have the best of everything; they make the best of what they have. This has been my credo, and it has worked well for me.

—J. B. Blass

Mildew Alert

Show me a home where the water buffalo roam and I'll show you a home with a humidity problem.

—Shelby Friedman



"Hey, thanks. I've always wanted a pair of really comfy slippers."

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Daffynitions

Budget shopping: shelf control
Snoring: sheet music
Alibi: slip cover
Will: dead giveaway
Diet: menu for those who are thick and tired of it.

—Shelby W. Adkins

Perpetual Motion

The trouble with owning your own home is that, no matter where you sit, it seems you're looking at something you should be doing.

—Sam Ewing

Keeping Score

Little Johnny came home from playing ball with a disgusted look on his face. "What's wrong?" asked Dad.

Johnny replied, "I was traded."

"That shouldn't make you feel bad," said Pa. "All the big players get traded."

"I know," said Sonny, "but I was traded for a glove."

—Rose Sands

Key to Happiness

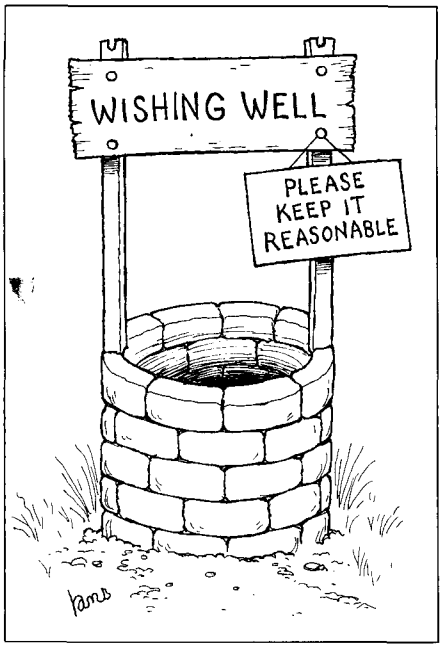
Love is the answer
The one and only key
That opens all doors
To life eternity.

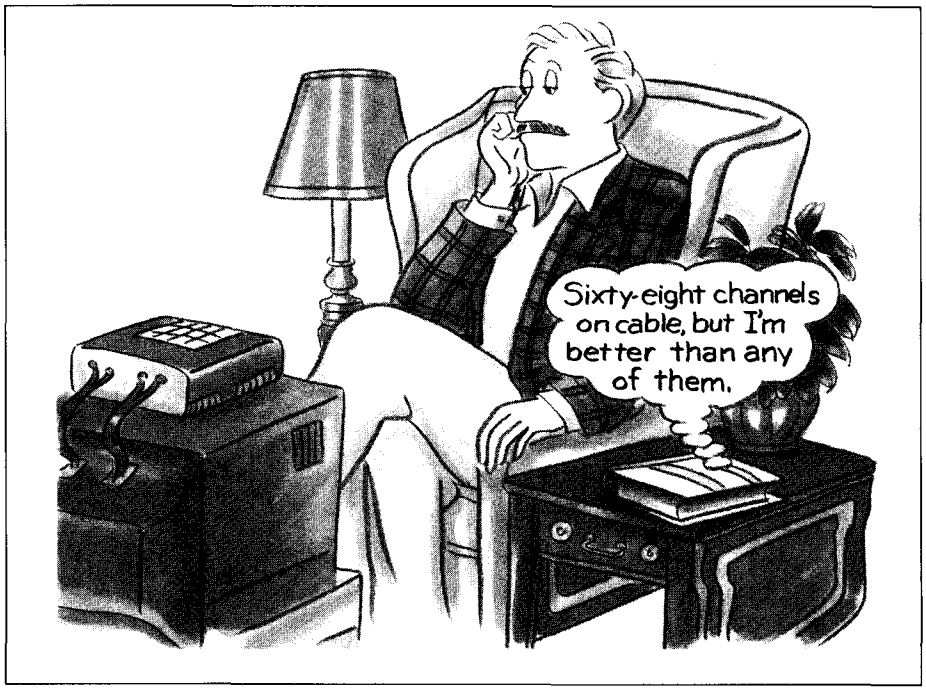
—T. Farrar

Flexing the Truth

The older you get, the better athlete you used to be.

—John Drybred





Best All-Around Good Guy

The closest to perfection anyone really gets is when they're filling out a job-application form!

—Henry Boye

Mountain Stew

Two hikers were walking through the woods when they suddenly confronted a giant bear. Immediately, one of the men took off his boots, pulled out a pair of track shoes, and began putting them on. "What are you doing?" cried his companion. "We can't outrun that bear, even with jogging shoes."

"Who cares about the bear?" the first hiker replied. "All I have to worry about is outrunning you."

—Thomas Lamance

Has Mercy Become Our Crime?

Criminals seem to know their rights,
And come on pretty strong;
But what they really ought to know
Is the difference between right
and wrong.

—Agnes W. Thomas

Eye for Eye, Tooth for Tooth

At a recent family gathering, someone commented on a member's new eyeglasses. Soon, people began passing their spectacles around to see how each looked in another person's pair.

While these exchanges and their associated remarks were going on, Grandpa piped up: "Would anybody like to try my teeth?"

—Steve Gran

Serve and Thou Shalt Be Served

You do two favors at once if you do it and don't talk about it.

—Rose Korotkint

Who Hath Time Hath Life

At the park with a little one,
She glances about to see
If anyone is looking.
Ah! She's in luck today,
A swing is free. And for
A lavender moment,
She forgets she's 73.

—Rhoda Pellor

Lacking Horse Sense

In the horse and buggy days
There were fewer accidents,
Because the driver didn't rely
On his own intelligence.

—Olga McCoy

Past Perfect Tense

Here's one compliment that's certain
To get you unstrung:
"You must have been a beautiful girl
When you were young."

—Rose L. Korotkin

Suffering Aches and Pains

A dedicated hypochondriac is one who recounts all of his aches with great pains.

—Wanda G. Cunningham

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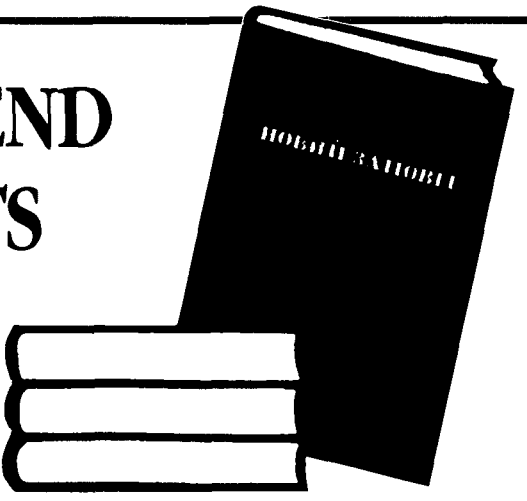
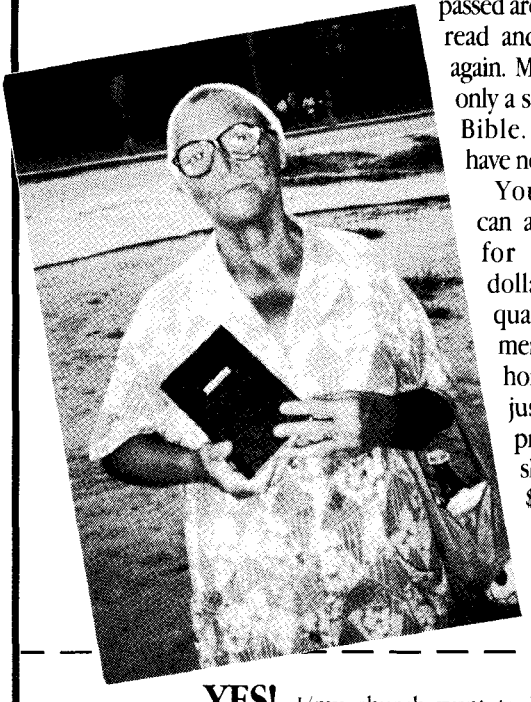
YOUR CHURCH CAN SEND 1,000 NEW TESTAMENTS TO RUSSIA FOR $250.



Where else can you accomplish so much for so little?

Some call this an economic miracle but East European Harvest is now turning these books out for 25¢ each. Fantastic but true! They are not for sale. We bind them in our bindery using free voluntary labor and give them out free in the Soviet Union.

Bibles are desperately needed in the Soviet Union. People keep crying for Bibles. When our workers are passing them out, crowds gather and literally grab them out of their hands. They are passed around and around, read and passed around again. Many villages have only a single tattered old Bible. Some villages have none at all.



You/your church can accomplish more for your missions dollar by putting a quality New Testament into a Russian home for 25¢. For just pennies. The price of a pair of shoe strings! For $1.00 four Russian children can have a New Testament - their most cherished possession.

It is virtually impossible to reach the World's 4 billion lost people with high priced Bibles. Five years ago East European Harvest pioneered the quality inexpensive New Testament. Many thousands of these we have made and sent to the USSR when they had to be smuggled in. Now we get them in by the truckload. Our bindery here in Mobile is capable of turning out 30,000 books per day, but we need 500 tons of Bible paper. We use top grade Bible paper. These books are made to be used for many years.

The door to Russia may close soon. Russia is in political and economic turmoil. We must work fast while we can. We need help in getting millions of Bibles into the USSR.

East European Harvest, Inc. is a non-profit, non-denominational Christian corporation. Its sole purpose is to take the Word of God to the World.

Rev. Paul Lemons, a Baptist minister, is founder and director of East European Harvest. Rev. Lemons has made numerous trips behind the Iron Curtain carrying supplies and vital materials to aid families of Christian prisoners in slave labor camps, many of them pastors, and working with the underground church. He works entirely without salary, even pays his own expenses, so all gifts go directly into this Bible ministry.

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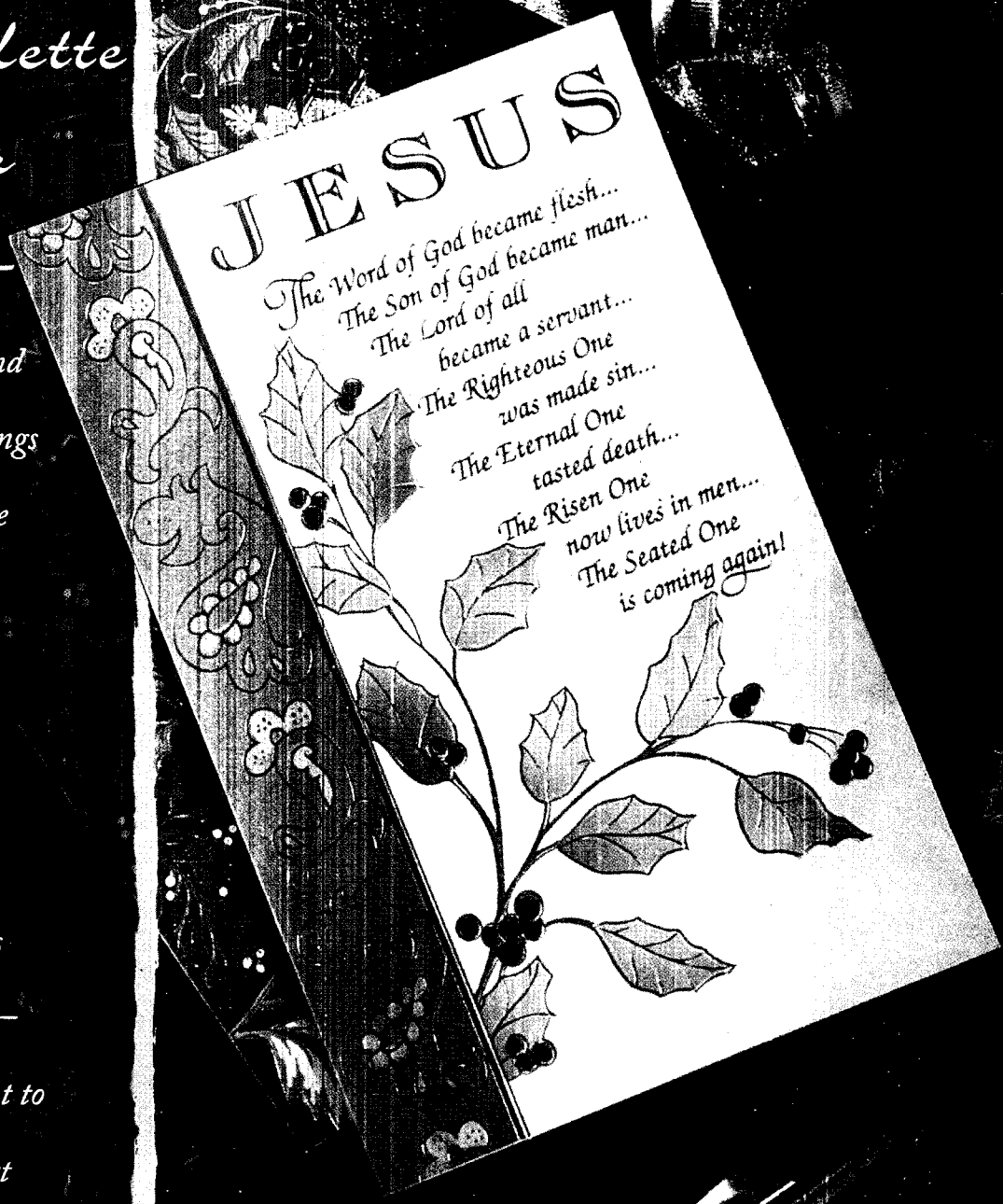

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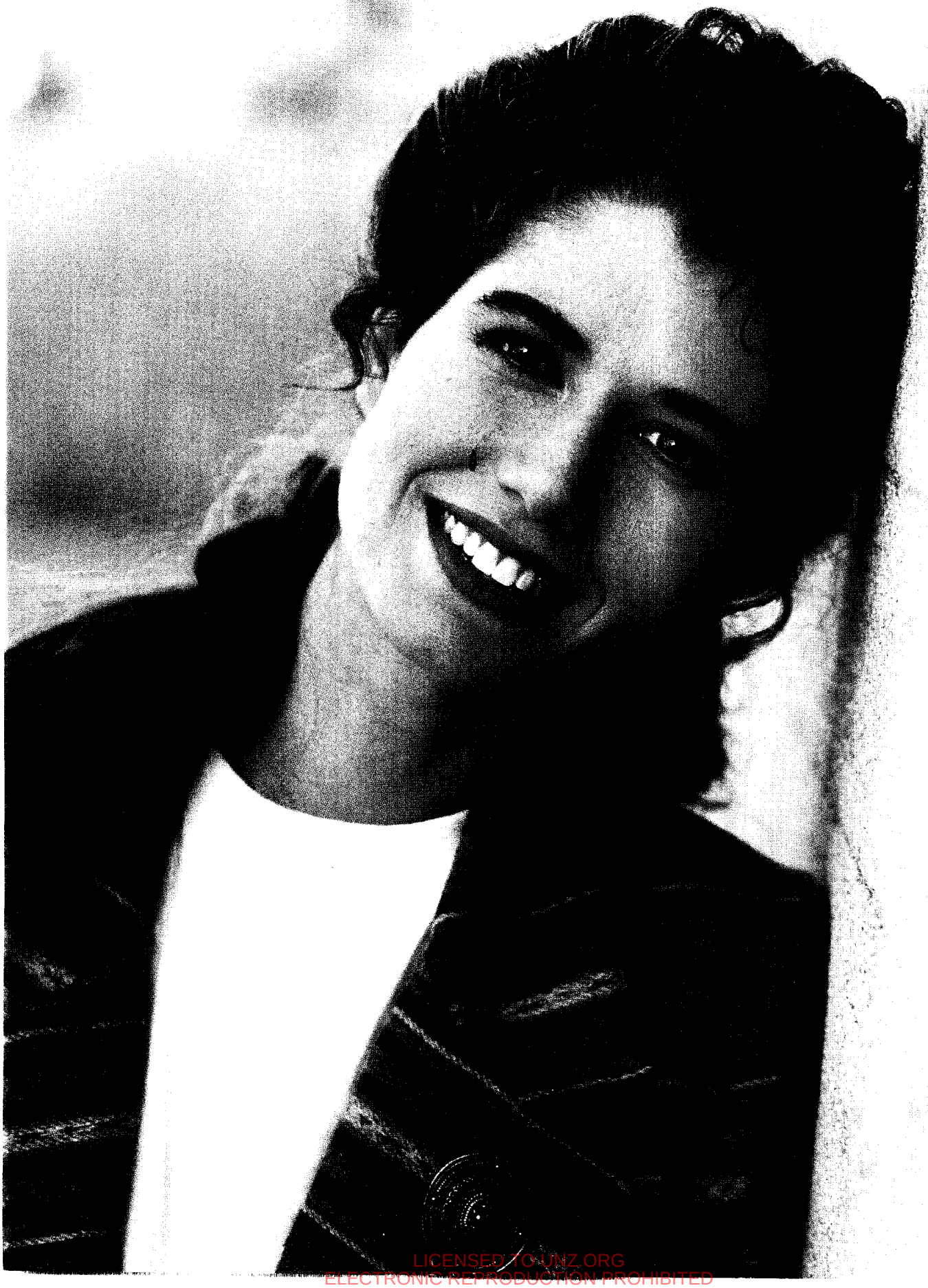

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AMY GRANT: CHARTING A NEW COURSE

The darling of the contemporary Christian music industry—now a Top 10 pop success—still credits home and family for keeping her happily down to earth.

by Patrick M. Connolly

For singer Amy Grant, these are the best of times. Long a darling of the gospel music industry, Grant "crossed over" into major pop success earlier this year with her first album in three years, *Heart in Motion*. A single from that album, "Baby, Baby," topped the charts during the summer.

Such immediate and widespread popularity could easily inflate the ego of many performers. Yet Grant has her feet planted firmly in the soil of the rolling hills of her Tennessee farm located south of Nashville, surrounded as always by her family. She is a star most certainly, but one who is happily down to earth.

"My family really is my anchor in a high-wind, mega-wave ocean," Grant says. "With so many demands on my time, I know I can count on my family to always be there. I feel their love in a very real, practical way."

With over 10 million new-gospel records sold, Grammy-winning Grant has now muscled into mainstream success.

Her immediate family includes her husband, songwriter/musician Gary Chapman, and their two children, Matt, 4, and Millie, almost 2. Unlike many other celebrities today, Grant enjoyed a traditional, stable childhood; she and her three sisters remain close.

"I do feel happy right now," Grant admits. "The most basic place in my heart is feeling loved, and that has everything to do with my relationship with God and my family. That settles most of the big issues in life for me. And it's funny. The more my life has become public, the more it's the simple things I enjoy most. It didn't used to be that way. When I was younger I'd want to go to a movie, go out dancing at night, be around a crowd of people.

"But these days, I like a cup of hot tea. I like quiet conversation with a good friend. I like sitting on the front porch watching a sunset. I like singing a lullaby. I think a lot of it has to do with feeling secure in yourself. I know I benefit from having some real important decisions made before this [success]. It's one thing to be 21 and have it happen, and it's another thing to be 30, married, and with two kids.

"Gary and I are now in our tenth year of marriage, and it struck me recently that we're doing just fine. I see so many couples who cease to be themselves when they're around their mates. They almost stop being real, and just sort of assume this role within the relationship. But I've been through the most with Gary. He's very funny, he's intelligent, he helps me think through my thoughts. He's the best person for reminding me that I'm a woman.

"I think the more time you invest in a marriage, the more valuable it becomes. Yet the fact is, family is a battle zone for many people. I know that. But the odd circumstances of my life have meant that my family has been my refuge."

The "odd circumstances" of Amy Grant's life today began with her almost fairytale-like rise to success. She was born into upper-middle-class comfort, and grew up on the 100-acre Nashville farm owned by her family, who are devout Church of Christ members. With the physician's income of her father, a radiologist, she was able to attend elite private schools.

Grant's unintended climb to fame began during high school. She was 14 when she started performing for friends, instilling Christian lyrics into folk-rock melodies. A year later, her church youth leader played a tape of Grant's music over the telephone for a Word Records executive. Grant was offered a contract, but thought it was all a practical joke.

It wasn't. She recorded her first album at age 16, quickly followed by eight more. Yet her life continued a fairly normal course until 1982, when the demands of her burgeoning career

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forced her to quit attending Vanderbilt University just 20 hours shy of a degree in English. Grant's first truly big album, *Age to Age*, was released a year later.

The "Yuppie Christian," as she was quickly dubbed, was on her way. She conquered the gospel field with relative ease, blending a bit of pop fun with a message of spiritual salvation. Her original core audience, primarily upscale teenage girls, ate it up.

So did the popular media. *The New York Times* proclaimed her "the Michael Jackson of gospel music," while *Life* reported that she was "the Madonna of gospel rock." *Rolling Stone* magazine, the music world's bible, devoted two pages to her conservative opinions on sex. And in the process she has sold more than 10 million albums and won every major award possible.

Yet Grant always maintained the image of being a devoted Christian wife and mother who just happened to also be extremely musically talented. Her current album—her first all-pop effort—and its ensuing success have changed all of that. Grant says it was unplanned.

"I don't really have any grand scheme about my career, other than I do want to try new things," she explains. "But I didn't want to unnecessarily shock anyone with this album. When I first began working on it, I thought, 'Hey, this feels different.' "

Not wanting to alienate her longtime gospel audience, Grant wrote about the development of *Heart in Motion* in newsletters to her fans. More than half the lyrics of the album's songs were included in those newsletters, Grant says, so "everyone who felt that close to me would know I wasn't turning into a she-devil or something.

"All the time I was working on this album, I wrote just as many Christian songs. Wanting to do this album had nothing to do with some basic insecurity or need for greater acceptance on my part. At my age, it's best to already have your security base, and I think I do. And when people say I did it to be famous, well, that just makes me want to laugh."

These days, Amy Grant figures it's best to just go with the flow. Promotional work for *Heart in Motion* took her to Singapore and London in the spring, followed by a nationwide concert tour over the summer. The Thanksgiving holidays will find her doing more promotional work overseas, this time in Germany, France, and Holland.

"My whole life is someone telling me, 'Things have changed,' " she says. "But kids provide the basic ground rules for that type of life, and I have experience with that."

Indeed, Grant manages to combine family life and work quite well. When Matt and Millie were younger, they would accompany their mother into the studio when she recorded. Husband Gary and the children have always gone on tour with her (plus two nannies, one for each child), and Grant wouldn't have it any other way.

"When you're stuck on a bus with your husband and two kids, you learn a lot about what a family means. And that's good. The only time I'm away from them is when I'm actually performing. After that, the rest of my day goes to them. No matter where we are, I can always say, 'OK, let's find a playground, let's go for a bike ride.' "

Not only does Grant take her family role seriously, but also her position as a role model for her fans. She remembers an especially poignant meeting with one teenage admirer years

Home is where the heart is—family occupies center stage for Amy Grant, whose chart-topper "Baby, Baby" was actually inspired by her love for daughter Millie.

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ago in Canada, "an awkward, gangly girl of about 13, who came up to me with teary eyes. Looking at her, I felt all the pain of adolescence come rushing back."

The girl's name was Ellie, and Grant had friends who had just had a daughter they named Ellie. At the end of the conversation with the 13-year-old, "I told her that I was going to call my friends that night, and tell them that I'd met a girl named Ellie who's doing fine. She thanked me with a big, big smile."

Grant admits that trying to bolster the growing pains experienced by her fans has at times been hard on her: "There's a lot of vulnerability at that age to try and take on and somehow be a positive influence. But I remember that when I was growing up, I kept four scrapbooks on Sonny and Cher, and I know that if I had met Cher back then and she had just blown me off, well, I would have been crushed.

"So when I meet a fan, in a shopping mall, after a concert, or wherever, I just try to look them in the eye and let them talk. A lot of times my job is to listen."

It is a lesson in humility that Grant tries to always keep in mind. Ask her what she wants to be when she grows up, and Grant talks of family and simplicity: "I remember my great-grandmother sitting in her room. She had a fireplace in her bedroom, and a big upholstered rocking chair. And there she sat rocking, always humming or singing, usually a church hymn. She would reminisce, but only when you asked her to.

"When I grow up, I want to not be searching for who I am. When I grow up, when all the diapers are behind me, I just want to be there. I want to just be."

Grant views life as seasonal, with spring representing optimistic hope and winter corresponding to the dark periods every human being—even the talented, even the famous—passes through. It is summer right now for Amy Grant.

"Here we are, even living on a farm," she says. "It's one of the busiest times for us. We planted a big spring crop, and now it's time to harvest. . ." ✱

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A Present for Christmas

Holding the child's shabby package, he knew that—of all the gifts he received—only this one came from the heart.

It was late, after midnight, when I left the theater. The corridor of dressing rooms was empty. All the other people had gone, either home or to join late parties around town. On the dusty concrete stairs one of the girls, hurrying, had dropped a flower. Old Nod, the doorkeeper, was still there, and he got up from his squeaky wooden rocking chair to open the stage door for me. His Christmas packages from the members of the company were already beginning to be stacked up on display along the shelf under the bulletin board. Day after tomorrow would be Christmas Eve.

"Good night, Mr. Wade," he said. "And thanks for the present."

"Hope you like it when you unwrap it," I said. I hadn't the faintest idea which of the bright packages was supposed to be from me. I had asked Susan to do my shopping, along with her own.

"We are planning quite a day at our house, Christmas Day," old Nod said earnestly. "The wife and I."

"That's good," I said. "Fine."

When I reached the street, the sidewalks were deserted. There was nobody else in sight in either direction. Some torn pieces of paper had already blown into the entrance of the theater, and the whole front was dark, but there, overhead, were our names in glass block letters: SUSAN MARKLEY & JOHN WADE in ENGLISH SPOKEN HERE—that bitter and brittle modern comedy which is doing so much for us all this winter. It's an odd feeling, sufficiently odd and disillusioning, to see your name there when the lights are turned off. It looks awfully blank. But it was there, and I had lost everything else in the world to put it there.

"Merry Christmas," she said. "And don't be sad anymore. Please."

By Michael Foster

Illustrated by Douglass Crockwell

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In the steamy lighted window of a tavern across the street, a Christmas wreath was hanging; and you could hear a muffled monotony of voices and foolish laughter, as if from far away, far away. Even those people of the squalid night were beginning to celebrate, however unknowingly, the humble birth night of a Child whom I guess even the wisest or the saddest of us do not know enough about.

I walked toward the distant avenue where I knew I would be able to pick up a late-cruising taxi. The less I let myself think, the better for me. Susan is one of the shining ones of this earth; she has two babies and a husband—a thoroughly nice fellow—and they had asked me to spend Christmas with them in their apartment overlooking Central Park. But they knew about Cathleen, and so they did not insist when I said, "No, thank you; please, not this year."

The invitations from other people, party people, were harder to get out of, but I don't think I offended anybody. On the avenue I signaled a taxi, and when I got home to the hotel where I live, I found that some more presents had arrived. Bellboys had brought them up and arranged them on a side table in my sitting room. In the soft light they were a rich blurred mass of golds and greens and cellophane glitter in expensive-looking shapes. I didn't look at any of the cards. Not yet. They would all be courtesies from other names of the stage or of Hollywood or radio, the lavish worldly gifts. I stood there looking at them, and I was alone.

The first time I ever saw Cathleen—that was just before Christmas too. Eight years ago. It was about three o'clock one afternoon, and in a second-rate casting office we were turned away at the same time, this girl and I. We didn't even get to see the agent. A tired blonde just looked up from her typewriter: "Nothing today, Mr. Kron says. He says, maybe after the first of the year." The casting office was on the second floor of a decaying old building just off Broadway. So we found ourselves going back down the stairs together, this slender, dark girl and I. There was a soft snow falling, veiling all the towers of the city, and we walked along Broadway with the crowds and the traffic. She had on a belted polo coat, a little shabby, and she walked with her hands thrust deep into its pockets. Her lips were shy and merry, but her eyes were very steady when she looked at you, and clear with courage. Over Manhattan it was a country sort of snow that afternoon, the kind of snow you remember from when you were a child; she was from a little town in Montana, and I from a Kansas farm. A thousand miles from each other, in fiercely dreaming youth we had each

walked alone and looked up at the same country stars and been shaken with passion for the cities of the world, for the powerful, sonorous magic of the theater, for Broadway.

So here we were. Talking to each other at first hesitantly, almost timidly, but what we said I can't remember, much. I wish I could. We went into a drugstore where, in those days, the hungry hopeful kids of the theater used to hang around for endless talk: "I hear Libskind is casting next week." . . . "I got a tip on a road show that's going out next month." Cathleen and I sat up at the counter for a cup of coffee apiece. One of her gloves, I saw when she laid them down, was carefully mended at a finger tip. The wetness of the snow had soaked in through the thin-worn soles of my shoes, which I kept tucked back out of sight under the soda-fountain stool. But we were young and our hearts were high. Wherever she is, she must be remembering that too.

And the first Christmas after we were married—we were living in a furnished room on West 15th Street. The first-floor front in one of those ancient red-brick houses. In front of our windows, left over from better days of the house, was a useless little ornamental-ironwork balcony, and again there was snow on the New York streets. The lacework pattern of snow on the wrought-iron railing, and I remember my girl in the dusk of Christmas Eve walking across the worn red carpet to stand there at the window, watching the lights of the Big Town coming on in the purple-gray. We had both been in summer stock in New England; I was now out of a job again, but she was getting an occasional hour as a model. She was so beautiful—so beautiful, and still so believing. On Christmas morning she woke me up early, making coffee on our electric plate. We had a few little gifts for each other, such small things as we could afford. But the greatest gift in the world was still the invisible one. When she tried to say, "Merry Christmas, d-darling——" I remember she stopped, and swallowed, and was silent. Her rumpled dark hair, and her eyes—her eyes were like flowers.

Our other Christmases. There was one on the road, in a hotel in a small town in Oregon, and it was raining. The gray, endless rain of the coast. It was a travel-worn road company we were in, not very good but it was the first year I had ever had a payday right around Christmastime, so it was the first time I was ever able to give her a really extravagant gift. I remember my girl standing in the gray morning light of that hotel room, with a mink coat on over her pajamas—well, kind of a mink coat—and crying with an absolutely motionless face while she looked at me.

And after that year the gifts could

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always be extravagant and the coats real mink or sable, and the diamonds also real. Because when we got back to New York, that strange play, *The Wishing Cap*, was being cast with unknown actors and actresses for a cheap production. When it hit, astonishing everybody, I hit with it. After the first roaring week of success, my name went over the sidewalk in lights, and the play ran for nearly two years. We had a big apartment, Cathleen and I, a duplex with an elegant stairway between the two floors, and in the Christmas seasons it was always filled with people, coming and going. You would meet people on the stairs who were practically strangers, but everyone was so gay, so festive; though once in a while some bonehead or some coldly over-dressed woman would say something like: "So this is Mrs. Wade. And are you interested in the theater?" I never knew how great a lady was my wife until I saw her smile and murmur after something like that.

Looking back, I can now see her quiet pain and her increasing shadow-like loneliness, as year followed year and play followed play, for me. But at the time I was so busy; you have to be hard and smart when you are coming up in this most merciless of all professions, or maybe it's only that you fall into the attitude of being hard and smart because everybody else is pretending to be. Somehow we never seemed to be together again, deeply, deeply, as we had always been when we were poor. They were hurried years, and desperately intense. I know that we must have had afternoons at home alone, but it seems to me that we were always coming in late at night from somewhere and getting out of our party clothes, too filled with other people's talk to say much to each other.

She never complained, even by silence, and she was always proud when some new good break would come my way. But I can remember the white, still face she lifted to me every night at the front door of the apartment when I was leaving for the theater. Once in a while she would be working, too, a minor part in some other theater—she would never take a small part in one of my plays. For that I don't blame her. I know now that I was watching goodness and bravery. She was hard-working and tired and beautiful. And somewhere along the way I lost my girl.

But there is one thing that I'm thankful for now. Through those years when I was failing her to gain success, she had one friend. I believe that Cathleen and Marge Kelly met in some unremembered short-lived play or other, in which they both had parts. I can't quite place just when it was, through there, but I think they shared a stuffy, littered dressing room with two other girls. More or less dimly, I can recall their joking about how untidy the other two girls were. Anyway, Marge began to be in our apartment quite a lot, they chummed around for lunches and afternoon shopping, and I was glad because it gave Cathleen company and somebody to talk to while I was busy. Besides, I liked Marge. For a long time—two or three years—she was practically like kinfolk to us both; a big, startling-looking blonde, deceptively luscious. Deceptively, because she was tough and theater-wise.

A thousand miles from each other, in fiercely dreaming youth we had each walked alone and looked up at the same country stars and been shaken with passion for the cities of the world, for the powerful, sonorous magic of the theater, for Broadway.

One Christmas afternoon when she came in, Cathleen showed her the array of grand presents I had given her, and at the last she held out silently in her open hand the keys to the new sports roadster which stood glittering richly in the pale winter sunshine in front of the apartment-house door, six stories below. Marge had seen it, coming in—in fact, I had told her about it a month ago when I had ordered it for Cathleen.

At the sight of the keys in that open hand, Marge started to make the usual and expected thrilled noises—and then stopped. Because Cathleen did a strange thing. Gently, she laid the keys on a table and, for no reason that I could imagine, walked out of the room. I heard her going up the stairs, I heard the door of her room click softly closed. And Marge gave a strange long glance toward those keys on the table.

"What's the matter?" I said.

"I guess it's a usual sort of story, John," she said slowly. "I won't argue with you."

It left me vaguely disturbed, but only for a little while. Something else happened, the doorbell buzzed, somebody else came in, I sent the maid to tell Cathleen; and I forgot.

When Cathleen left me, that next January, she said, "I'd always come back to the man I knew. For that man I would go hungry. I expected to, when I married him. For him I would scrub floors, I would go in rags, because he was gentle and he had a simple heart. But he's gone, he's gone. He left a long time ago, little by little. So now it's my time to leave."

I guess I was so bewildered and angry, making such a scene of outraged pride, that I did not understand what she was trying to say to me. She was not angry; she was talking almost in whispers.

"Of course," she said. "Proudly, you've done everything in the world for me, except remain the man I loved. Your gifts have been stupendous and thoughtless. I'd rather have a sack of popcorn, bought with your last dime. Do you remember the time you did that, and we ate it together,

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IT'S A HEADACHE: WHAT TO DO?

Medical science still has no technology to distinguish precisely between migraine and tension headaches, but important new understanding of each is emerging.

by Bruce H. Dobkin, M.D.

Headaches are among the five most frequent complaints brought to a family doctor—but no two people describe them in quite the same way. Nor are two doctors likely to interpret those complaints in the same way. So it's not hard to see why misdiagnoses are common and why they lead to failed treatments. Too often, headache therapy has been as scientific as a traveling salesman's all-purpose tonic.

Indeed, research suggests that people with headaches have little confidence in the ability of doctors to help. In one British study of 1,000 workers, 77 percent complained about head pain; 22 percent had headaches severe enough to interfere with work and leisure activity—but only 11 percent consulted doctors.

To help physicians agree both on what they mean by a particular type of headache and on appropriate therapy, the Detroit-based International Headache Society has devised strict new criteria for diagnosis. That society of physicians throws out the conventional lore that repeated bouts of severe headaches be summarily classed as migraine. Any head discomfort can seem severe to someone who laments a sharp, boring, dull, splitting, aching, pressing, throbbing, pulsating, pounding, constricting, vicelike, or I've-got-such-a-headache pain.

Consider first a sudden onset of the worst headache of a lifetime, the thunderclap. This can mean bacteria are causing meningitis, say, or that blood from an aneurysm is pouring into fluid around the brain—disorders that can kill if not caught rapidly. Other causes of severe headaches are brain tumors and blood clots, sinus infection, very high blood pressure, or inflammation of scalp and brain arteries in the elderly. In all these cases, CT scans or blood or spinal-fluid tests should be done.

Medicine still has no technology to distinguish precisely between two of the most common forms of headaches, tension and migraine, but important new understanding of each is emerging. The migraine sensation is now defined as "unilateral pain pulsating with each heartbeat," as key to differentiating it from the tension headache. The old term "vascular headache of the migraine type" has been replaced by migraine with or without an aura. Some studies estimate that one in five Americans suffers migraines, more of them women than men. And the concept that migraine is caused by narrowing followed by dilation of blood vessels has been replaced by the idea that a wave of cerebral electrical activity may cause the aura, or warning

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sensation, and headaches develop when the wave reaches pain-sensitive blood vessels. What triggers this wave? Stress, hunger, hormone fluctuations, foods, alcohol, too much sleep, caffeine withdrawal, or noise are chief suspects.

A migrainous aura may come in the perception of flashing light, tingling in an arm, mood swing, or other cerebral symptoms. Once every few years, my wife suddenly sees scintillating zigzags of white or colored light at one side of her vision. Then she loses sight, as if a blinder has covered half of both eyes, on the side of the scintillation. Some people also lose speech, or become paralyzed on one side as part of the aura, or, more rarely, suffer a permanent stroke. Following the onset of my wife's 15-minute aura is a pain she says "feels like an elephant using my temple as a trampoline." Nausea, vomiting, sensitivity to light, and general misery can last all day. The headache typically affects the front portion of the head on the side opposite the failed vision. If she is immediately able to take the drug ergotamine, a fungus derivative often used for migraines, she can usually shoo away the elephant. She tries never to be without the drug. Medication for nausea and one of the nonsteroidal anti-inflammatory medications also help. Beta and calcium-channel blockers and antidepressants will usually prevent migraines in those suffering from frequent attacks—but these preventive medications must be taken daily, under physicians' supervision, because they can have adverse side effects.

Migraine without dramatic aura produces much the same kind of headache, but without the light show or hallucinations. The sufferer may simply have a dull warning sensation around the temples. Again, timely ergotamine will usually keep the elephants at bay.

"Tension headache" is a phrase now used for what was once classified as stress, psychogenic, and muscle-contraction headache; it circumvents the issue of emotional causes. The importance of anxiety and depression in tension headaches remains a matter of debate, though everyone agrees that they play some role. The point is that the importance of mental stress has tended to be greatly overemphasized, and physical muscle tension, particularly around the neck, has too often been ignored. As a result, treatment has failed.

"How many times have I told you not to slam that door?"

Surveys show that fewer than 10 percent of Americans have *never* felt muscle-related tension headaches. Sufferers often have palpably sore muscles in the neck, face, jaw, temple, and shoulders. The tenderness can arise from muscular strain while lifting packages or lugging a toddler, or hanging the dead weight of your 15-pound head forward from the fulcrum of slender neck muscles as you read or work at a computer, or get whiplashed in an accident or absorb the impact of even a minor head bonk, or tighten up with anger or anxiety or at the height of orgasm. Sometimes a viral illness or cough triggers a spasm. Grinding the teeth or clenching the jaw will irritate the muscles of the face and inflame the temporomandibular jaw joints and contribute to tension headaches. The pain typically strikes bilaterally throughout the head. It *can* strike just one side, like a migraine, though it generally does not. Nor does it normally pulsate with the heartbeat.

Aspirin, acetaminophen, and ibuprofen often do, as their maker-marketers proclaim, bring fast relief from tension headaches (though not for migraines). Long-term help, that is, the prevention of painful recurrence, is quite another matter. Pills won't provide that. The right treatment can.

The tension headache may reveal its existence in a variety of ways. Its victim may crane the neck forward while tilting the head backward, as if an unseen force were pressing against the forehead, trying to bury the ears in the shoulders. Or people may squint and, as if by habit, roll their shoulders in a quick circle. Despite the headache distress that is coming from the neck, they often have no awareness of discomfort there. But muscles in the back of the neck may become sore, and pressing against them even by resting the head against a pillow or twisting the neck while sleeping can exacerbate the headache. Often, patients report tingling, tenderness, or a sunburn sensation over the back of the scalp. That arises from irritation of the occipital nerves, the scalp's sensory messengers, as they pass through tight neck muscles.

As some patients ponder their head

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TRAVELS WITH ERMA BOMBECK

In her latest book, the matron saint of housewives boards a Boeing U-Haul to expand her Italian vocabulary beyond "Joe Garagiola," enters the Shopping Olympics in Hong Kong, and gains enough weight on a cruise ship to be issued her own zip code.

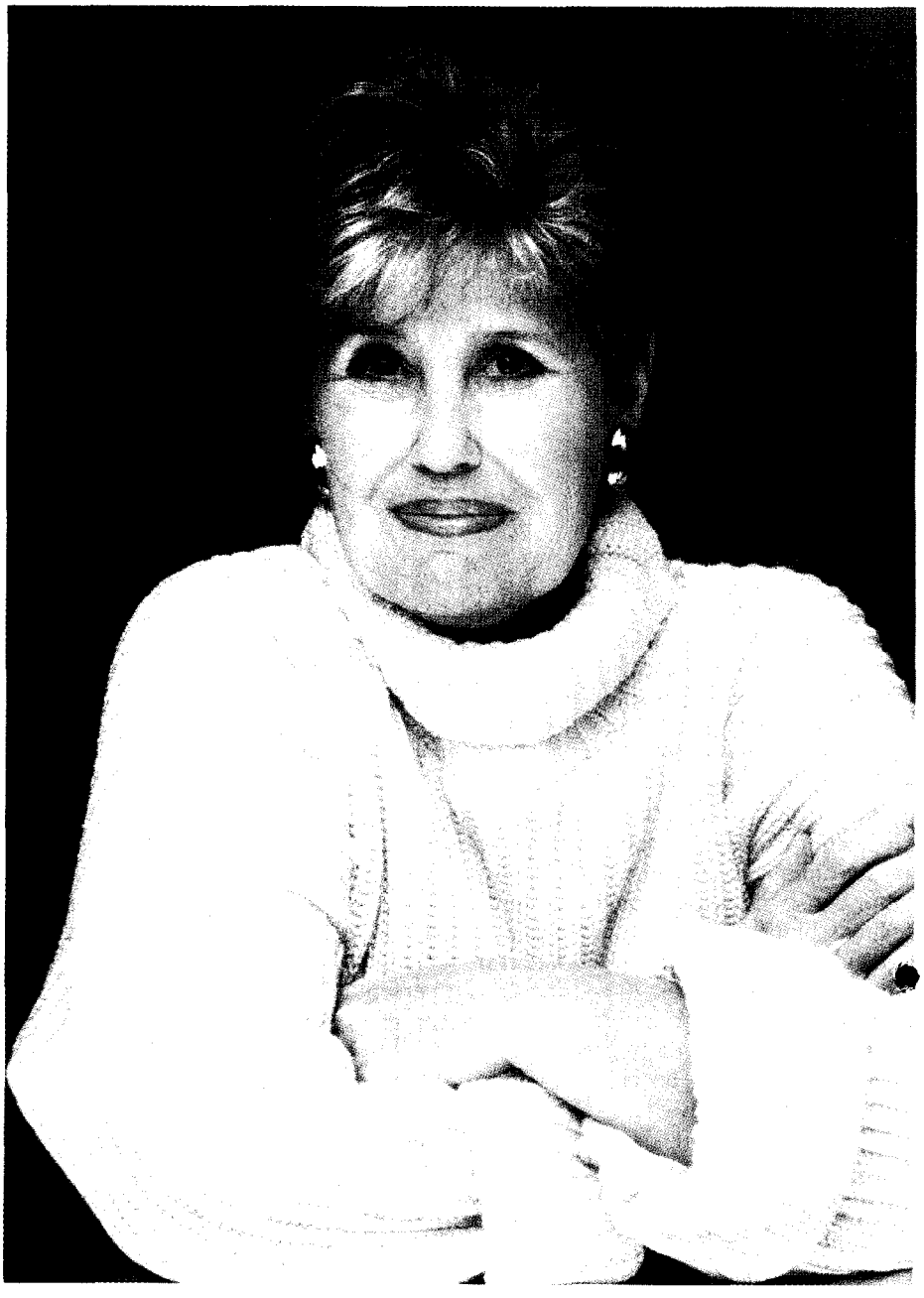
by Holly G. Miller

Erma Bombeck admits she agonizes over book titles. The woman who gave us such classics as *I Lost Everything in the Post-Natal Depression*; *If Life Is a Bowl of Cherries, What Am I Doing in the Pits?*; and *Motherhood: The Second Oldest Profession* recalls her panic as Book #3, nearing completion, lacked one tiny detail: a name. She was down to the wire—"We're talking *days* until the thing was due at the printer's," she says, gasping—when genius struck on a Sunday afternoon. She phoned her agent and proposed *The Grass Is Always Greener Over the Septic Tank.*

"He loved it. He said it was absolutely perfect," she gloats. "Then, about ten minutes later, he called back and said, 'Hey, wait a minute. Is it true? Does the grass really grow greener over the septic tank?' I told him, 'You never want to eat salad at *my* house again.' Of course it's true!"

The title of her current bestseller, *When You Look Like Your Passport Photo, It's Time to Go Home*, presented no such problem. To boost its bite she agreed to scrub off her makeup, concentrate on her trip to the Bering Sea, and nod at the photographer when she was sufficiently depressed to assure a woebegone portrait for the cover. She concedes that she could have saved time by using her real passport picture, but "then someone might have thrown me a telethon."

Passport breaks new ground for Bombeck. She claims she outgrew domestic drollery years ago in her syndicated newspaper column ("At Wit's End") and now includes occasional dust-bunny jokes only to appease fans who cling to Early Erma. Her passion for globetrotting, hilariously documented in *Passport*, may set her apart from readers who want to bond over carpool stories, but her humor makes her sophistication forgivable. Even when fans can't relate, they can laugh. Since the book tracks decades of family adventures, familiar elements are present. The three Bombeck kids (now in their 30s) duck in and out at vari-



Since Bombeck takes no notes and keeps no travel diary, she depended on her memory for *Passport* recollections. "Some things you *never* forget," she quips.

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ous ages and stages to create havoc or deliver punchlines. When her sons and daughter aren't part of the action, Erma hints that they're collaborating on their memoirs. Like mom, the kids appreciate a good title. Theirs: *Parents Dearest.*

Although some of Bombeck's travel destinations are predictable—the 21-day European getaway, the romantic Club Bed cruise—she prefers obscure corners of the world. She's at her funniest on Papua New Guinea, where she is caught in the crossfire of a tribal war, and on Easter Island, where natives refuse her cash but accept her husband's wardrobe as barter for woodcarvings. She covets the anonymity of such out-of-the-way territory. By comparison, she recalls being recognized and nearly trampled by fans in Ireland.

If Erma Bombeck's new travel book has a message, it's to ease up, slow down, take off, and enjoy.

"We were looking at some ruins with my parents—I love to see anything older than I am—when all of a sudden this tour bus stopped," she reminisces. Pandemonium broke out when the group from California spotted her.

"They were sweet people, but suddenly I had to suck in my stomach and smile all the time," she says. "I was public again. Maybe that's why I like places where I can really be comfortable. Let me tell you, they sure don't know me in New Guinea."

Her idea of a dream vacation varies with her mood. Her flip answer has something to do with entering Bloomingdale's at 10 a.m. and not coming out until she's ready. A more serious response describes putting down roots and staying in one place for weeks at a time with members of her family.

"Cruise ships make me antsy, and I don't do beaches," she explains. "My dream vacation is fast becoming a rented villa where I can relax, be part of a community, visit with the people, practice their language, and share their struggles. When I'm away from home I never think about what I do for a living. I don't take notes and I don't look for ideas. I absolutely shut down. I've heard people say they won't go on vacation without their portable phones. Who needs that? I don't want to be reminded of who I am or what I am. I prefer to blend into humanity and be a part of somebody else's life for a while."

She's learned the value of flexibility. She admits that years ago she and husband Bill would hover over their children as they tried to transfer their home life to life on the road. When they lowered their expectations, they began to have more fun.

"I can remember going into the boys' tent in Africa and saying, 'Clean up this dump! Get that spear off the bed before someone drops in!' When we went to New Guinea my husband kept saying, 'Have you seen the boys? Where are they now?' About the time the plane was ready to take off we decided to stop worrying and give the kids their boarding passes. If they wrapped their gum in the passes and threw them away, well, so be it. They'd catch up with us later. We lightened up and had a really good time."

If *Passport* has a message, it's to ease up, slow down, take off, and enjoy. She advises: "If you want to leave your kids something special, leave them a part of the world." And she means it.

"I'm telling my readers not to have such high expectations for travel. Go with an open mind; leave your politics, worries, and comforts at home. The luggage will get lost—count on it. The camera won't advance for two weeks. Go with a sense of humor, a feeling of discovery, and a different set of rules. So what if you're traveling with a kid who goes into a restaurant, orders everything on the menu, and then only eats the pickle! Get smart and order just the pickle. Use common sense and don't be so rigid!"

Family trips—Costa Rica and Belize are next on the itinerary—are Erma's legacy to her children. She informed them of their inheritance one day as they sat on top of a Land Rover in Africa and watched a herd of 100 elephants.

" 'Drink this in,' I told them. 'Look at all this, because so much of what we see today will disappear or change tomorrow. We may never have this chance again. Enjoy it.' " ♜

ERMA'S TRAVEL TIPS

✈ Don't drink the water.

"My entire recollection of Santiago, Chile, is lying in a hotel room watching Mr. Ed, the talking horse, spewing out one-liners in Spanish. All I wanted to do was go home and die. . . ."

✈ Beware of exotic souvenirs.

"The fur drum we dragged home from the Bahamas came alive when we turned the furnace on. We saw it scaling the wall one day."

✈ Learn to appreciate the continental breakfast.

"My husband accused the tour company of issuing the same (hard) rolls every morning. He said they scooped up the uneaten ones and forwarded them to our next destination."

✈ Never rent a car in Italy.

"We've lived life in the fast lane and life in the slow lane, but until you've spent a few weeks in the wrong lane, you have nothing to talk about."

✈ Don't forget the bug spray.

"In the South Pacific, because of their size, mosquitoes are required to file flight plans. Your only hint that you are under attack is that your tan goes pale."

✈ Make friends with other travelers.

"There was Edith Purge, the dessert queen. Her philosophy was, 'You're paying through the nose for all of this, honey, so you might as well eat it.' When the maitre d' asked if she wanted the 7 p.m. or the 9 p.m. dinner seating, she answered, 'Yes.' "

✈ Forget your inhibitions: Adopt a new look.

"I brushed by the racks of bikinis that looked like snack crackers and wondered who designed these things. Couldn't they figure out that when a stomach is covered with gold lamé it looks like the Capitol dome?"

✈ Pay attention to your tour guide.

"I felt like I was in the fourth grade on a field trip to the power plant. I was becoming paranoid that everyone on the tour had asked a question except me. I knew that one day the guide would glare at me and say, 'You! The one with the Dixie cup of ice!' "

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"DAVID, WHY DID YOU WAIT?"

A Profile of Prostate Cancer

A simple but little-known blood test known as the PSA marks a monumental breakthrough in preventive medicine, and should be an annual event for any man past the age of 50 with or without a family history of cancer of the prostate.

by Ralph E. Dittman, M.D.

Illustrated by Frederick H. Carlson

My 53-year-old cousin David phoned me last week. We aren't the closest of friends, but we're relatives. His father, Uncle Ernie, and mine were two of seven brothers. That's why I chilled as he told me in terse, tense phrases, "The PSA is 400, Ernie." David always uses my middle name when he wants my opinion, especially medical. I'm the only doctor in the family.

I was silent. I knew he was aware of the implications of this number, because I'd recently told him the risks he faced in not having a simple but little-known blood test: the PSA (Prostatic Specific Antigen). Three of our uncles died from cancer of the prostate, so David and I, as well as every male member in our generation of the family, are at high risk for developing the disease.

What I'd told David during our recent conversation—the conversation which spurred him to visit his doctor and take the test—was that any man high at risk past the age of 40 should have a PSA annually. Furthermore, any man past the age of 50—*with or without* a family history of cancer of the prostate—should have an annual PSA.

I had reached these conclusions only after a thorough review of the current academic urological literature, which acknowledges a certain ambivalence about the whole business of prostate cancer detection efforts. This ambivalence is based on the unproven effect of treatment of prostate cancer that is discovered early. Yet common sense would dictate that a cure is more likely in a patient whose disease is confined rather than metastatic. Fortunately, the National Cancer Institute is currently assessing this question in a controlled study.

But meanwhile, "There's a simple $35 blood test for cancer of the prostate," I insisted to David. "It's been clinically available for at least three years, and yet few men even know about it."

The fact is, the PSA test marks a monumental breakthrough in preventive medicine: the advent of the most reliable (sensitive and specific) tumor marker and "tumor detector" in medical history. Sure, other cancer-antigen marker tests exist—such as CEA for colon, Alpha-feta protein for testicular cancer, and HCG for chorio-cancers—but none of these can be used, as can the PSA, as an early-warning system of pending bad-news cancer.

Men should be trading their PSA numbers right along with their cholesterol scores—at the office, in the spa, playing golf, wherever men gather.

The PSA should be to cancer of the prostate what the Pap smear is to cancer of the uterus and cervix, and what mammography is to breast cancer. Men should be trading their PSA numbers right along with their cholesterol scores—in the operating room, at the office, in the spa, playing golf, wherever men gather. And yet the word hasn't gotten out.

"I just didn't think it would happen to me," David said now, speaking quietly over the phone from his general practitioner's office. "I mean, my doc tells me the digital rectal exam was normal."

"I told you the DRE didn't mean. . ." I trailed off, trying not to scold. One of the most insidious features of cancer of the prostate is that it's so hard to detect by the old standard, the finger examination of the prostate. Studies have shown that the DRE will miss up to 50 percent of early-stage prostate cancers.

"Look," I said, searching for a way to ease his anxiety, "There's probably nothing to worry about. . ." I was thinking. It's Friday afternoon. I can't get him to a urologist before Monday. Then I thought of something. "David, was the rectal exam done just before the blood was drawn for the PSA?"

"Yes, yes!" he said. He wanted to explain away that high PSA number as much as I did. He knew from our earlier talk that Benign Prosthetic Hypertrophy (BPH) is found in most men, and that an inflammation of the prostate is common. "Right, and you know the doc *did* the exam before the blood was drawn," he finished.

We both knew a high normal PSA (by the most commonly performed assay, the Yang technique) was just 4.0 ng/ml (the units aren't important). With a biologic half-life of two-and-a-half days, the PSA protein will as much as double (to 8 or even 10) after a rectal exam, and return to normal only after two weeks. BPH or an acute inflammation can cause the value to jump up to as high as 100.

"Maybe that's what caused the elevated numbers," I said, trying to sound reassuring. "I'll just see if a urologist friend of mine can fit you in, say. . ." I waited. "Monday," he interjected. "OK, Monday," I said, and we hung up the phone.

I thought about my cousin all weekend. He and I both knew a 400 probably meant that he not only had prostate cancer, but that he had it bad. Cancer is a progressive disease. Autopsy studies show that three out of every ten men over the age of 50 have a cancer of the prostate, and that number climbs to seven out of ten for men over 70. Since more than half of the tumors originate in the front half of the gland, making them inaccessible

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to the examining finger, and since the examiner's evaluation is subjective and inexact, calculated screening detection rates are sometimes as low as one to two per 100. These are detection rates far below palpation of the breast for breast cancers or pelvic exams for cervical cancer.

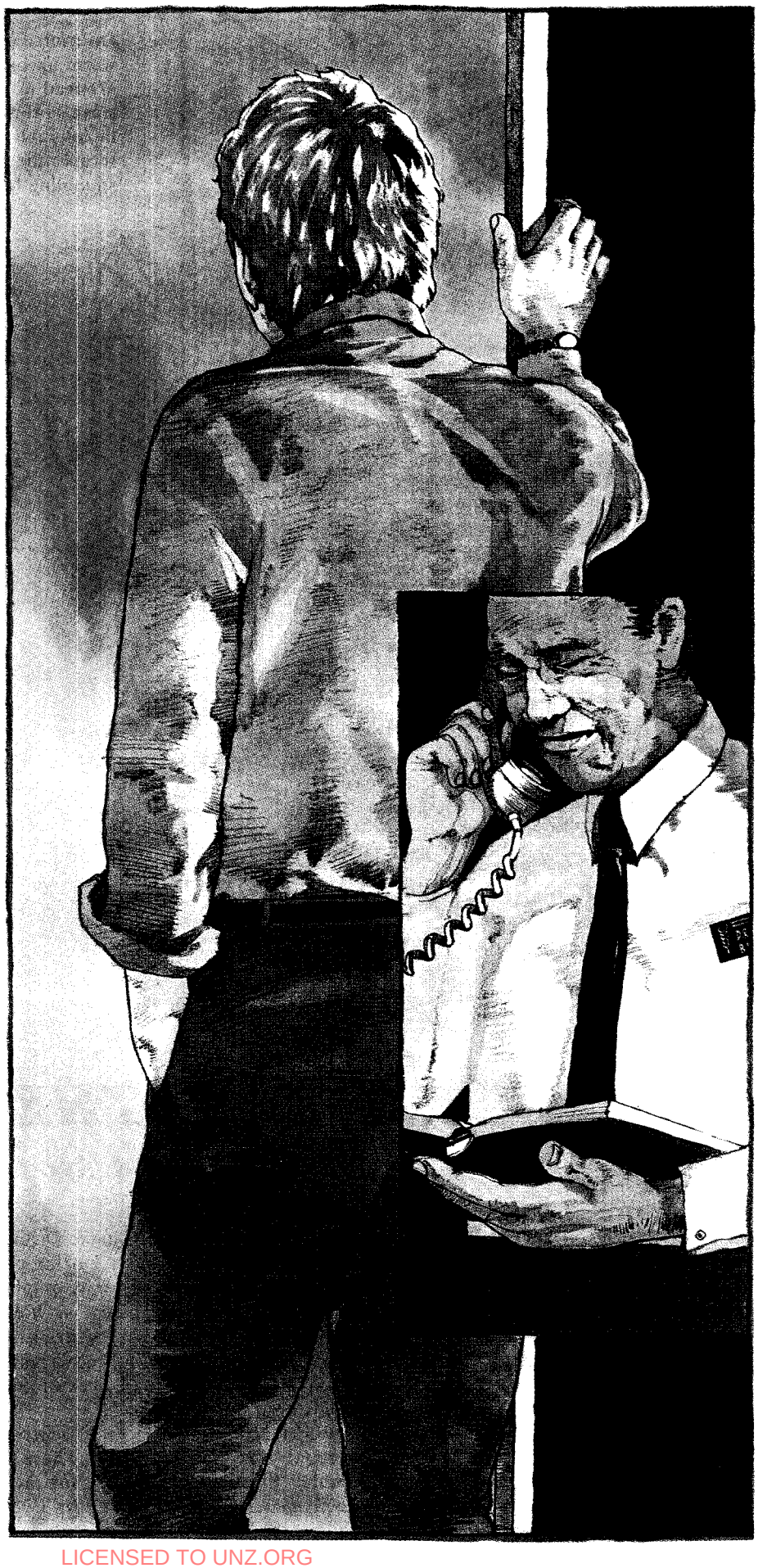
Eleven percent of all cancer deaths in American men are caused by cancer of the prostate. This percentage is second only to that of cancer of the lung. The American Cancer Society estimates that during 1990, 106,000 new cases of prostate cancer were found, and more than 30,000 men died of the disease. Prostate cancer is the most prevalent cancer in the aging male adult population, with black men suffering a threefold incidence over their white counterparts. And yet most men—even doctors—are unaware that an inexpensive blood test can diminish the risk of prostate cancer.

Recently, for example, I had lunch with several surgeons and internists. During a conversation, I learned that not a single one of them, all men over 50, knew about PSA.

Because I'm at risk for the disease, I have always taken a cautious route. I'm 44. I know the family history, so for several years I've had an annual ultrasound exam of my prostate, called a Transrectal Ultrasonic Examination of the Prostate (TRUSP). Using sound waves, the urologist can pass through the rectum a fiber optic probe the size of a thin straw. It's actually less uncomfortable than the classic digital rectal exam. The ultrasound image gives a remarkably clear picture of the tissue-density changes of the prostate, making office biopsy a simple, safe, and almost painless procedure. A TRUSP allows for 80 to 90 percent detection rates, and I relied on this test until two years ago, when I learned about PSA. Now, however, I just have the annual PSA before a digital rectal exam. If the PSA falls into a gray-zone range—4.1 to 10 ng/ml—then I'll have the TRUSP.

Over the weekend, I also thought about my Uncle Ernie, who died from so-called stage D prostate cancer. Prostate cancer was classically "staged" or classified at the time of its first clinical detection. A tumor confined strictly to the prostate and small in size is an "A." Once spread to the bone or distant organs, such as liver

continued on page 102



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On winter mornings we usually warm up by bringing in an armload of wood for the kitchen stove so the room temperature will be tolerable when the one who scrapes the toast finally comes stumbling from her den.

FITNESS ON THE FARM

by Maynard Good Stoddard

Illustrated by Don Trawin

Have you heard about the grandmother who was told by her doctor to walk ten miles a day and after three weeks her family didn't know where the heck she was? Well, you've heard about it now. But let's say the dear woman had had the smarts to walk five miles out and five back. What would she have accomplished? Productively, I mean.

Exactly.

This goes for the guy sweating on the treadmill who could just as well be treading grapes for grape juice. Or the would-be Schwarzeneggers huffing on a rowing machine when they might better be trolling for bass. Or how about the muscle maniac who risks popping his bellybutton lifting weights when he could be lifting a sack of potatoes onto the wheelbarrow?

Which brings me to our 13 "achers" here at Freedom, Indiana. There's nothing like a little acherage for productive exercise. And some days I get so absorbed by it that the next thing I know my wife is patting my cheek and asking if I know what day it is.

The aerobic people have this exercise of bending down and straightening up—down and up, down and up—without picking up a doggone thing. Not me. When I bend down, it's for a purpose. Sometimes it's to pick up a boulder Dear Wife wants rearranged in one of her four rock gardens. One time it was to rearrange the 48 quarts of canned tomatoes on the bottom shelf in the root cellar that were

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clashing with the peaches and had to be exchanged with the plums on the top shelf. Or it may be any number of brainstorms equally beneficial to biceps expansion.

Aerobic experts wouldn't think of beginning their efforts in futility without first "warming up," then "cooling down" after having accomplished nothing. We men of the soil warm up and cool down without giving it a thought—especially if we are married to someone of the extreme opposite sex (to coin a phrase from Dave Barry). On winter mornings we usually warm up by bringing in an armload of wood for the kitchen stove so the room temperature will be tolerable when the one who scrapes the toast finally comes stumbling from her den. We cool down at the end of the day by slipping exhausted between sheets suspected of coming directly from the refrigerator crisper.

Aerobic practitioners practice a ritual they have cleverly labeled "Arm Circles." It consists of waving the arms in circles. Are they signaling? No. They are just standing there, waving their arms, and looking stupid. But when a farmer waves his arms he is likely turning old Betsy into the barn to exercise his fingers, unless he has a milking machine. Or he is shooing the hens out of the road so that the entrée for the evening meal won't consist of Chicken Under Toyota. Or, as in a case with which I am more familiar, he could be trying to call attention to the fact that in repairing the board fence along the road, he has managed to get two boards nailed with his head caught between them.

A man with a spread even as small as 13 achers never "runs in place." He runs with a definite goal in mind. One of my healthiest runs of late had the goal of catching a riding mower that was going downhill unattended after I'd dismounted to pick up a tree limb in its path. And one of our neighbors recently got in quality running time by crossing the pasture lot wearing a red flannel shirt, unaware that a bull had jumped the fence to romance one of his cows.

Another excellent opportunity for "running for cause" is what we earth people refer to as "chasing those blasted pigs out of the garden again!" If the garden were lush with truffles, that would be one thing. But pigs interested only in uprooting everything verging on ripeness is quite another. There's nothing quite like chasing them all over heck's half-acre to tone up the old leg muscles—as well as the old vocal cords (unless children are present, of course). As for carrying weights to tone up the old arm muscles at the same time, what better than a length of two-by-four to brain one of the porcine rototillers if proximity permits?

The "Arm and Leg Lifter" is another formal exercise we people of the soil perform without dwelling upon it. Patching a leak in the roof above the kitchen, I have found, follows the formal formula to a T. There's the lifting of the legs when scaling the ladder. There's the lifting of one arm to grasp the ladder rungs while the other arm is hoisting a 50-pound tub of tar. Once I'm on the roof realizing the advantage of this opportunity, I usually go back down the ladder for a brush to apply the tar. I often go down a second time to get a hammer and chisel to open the confounded tub. And after finally spreading a coat of tar between me and the ladder, I tone up my chest and abdominal muscles by sliding down the antenna pole.

One of our neighbors recently got in quality running time by crossing the pasture lot wearing a red flannel shirt, unaware that a bull had jumped the fence to romance one of his cows.

The experts' exercise for abdominal toning, of course, goes under the heading of "Abdominal Curl." This calls for the curlee to lie on his back and raise both knees to his chest. Which, as always, accomplishes nothing productive. But when I, for one, lie on my back and bring my knees to my chest, it's to curl my abdomen under the pipe in the furnace pit and then raise up to hit the restart button. The beauty of this is that I may be offered three times in a single night this opportunity to heave myself out of my abdominal curl position in bed to reap the more substantial reward of curling under the pipe.

I could go on. So—if you've got another minute—I will.

In getting exercise through heating the house, I'll take wood any old day. It's so hard to carry in an armload of fuel oil. But instead of getting that wood by means of a hard-to-start, noisy, smelly, polluting chain saw, there are still some of us who prefer the blessing of cutting our firewood—and being warmed by it twice—using a good old crosscut. And should a tree we fell happen to fool us by falling directly on the henhouse, there's the added advantage—if you'll forgive another personal incident—of chasing the survivors all over Abrell's 40-acre pasture field.

As for performing the "full body stretch," a man of the soil is presented numerous opportunities in his run-of-the-mill day. My favorite is having the stepladder slip when I'm cleaning the gutters. I once managed to hang from the gutter for a full five minutes—strengthening my vocal cords at the same time—before dropping to the ground and flexing both ankles and knees so thoroughly that I gave them the next three days off.

Giving credit where credit is overdue, gravity has been one of my most faithful allies in the building of my biceps. The day my dear wife usurped the ladder and I came sliding down the porch roof to find it missing did wonders for toughening up my fingernails, as well as arm and leg muscles. I can't say as much, however, for the forsythia bush where I landed. It didn't bloom for the next two seasons.

The distance one falls, however important, is exceeded in exercise value by how one lands. This plays an important part in determining what section of the body will be benefited. With constant practice at what springboard divers would call an aborted "one and a half with full twist"—which only recently I executed while pruning the apricot tree—I have what must be the most exercised tail section in all of Sweet Owen County.

Whether I will live forever, thanks to these many wonderful exercise opportunities, only time will tell. I just read of a study showing that from 30 to 40 percent of heart-disease deaths probably could have been prevented if the couch potatoes had only exercised.

Well—not to be hard-hearted—it's their own fault. They should have lived on a farm instead of a couch. Like me. If one day, through no fault of my own, I *should* happen to go, at least I'll go healthy.

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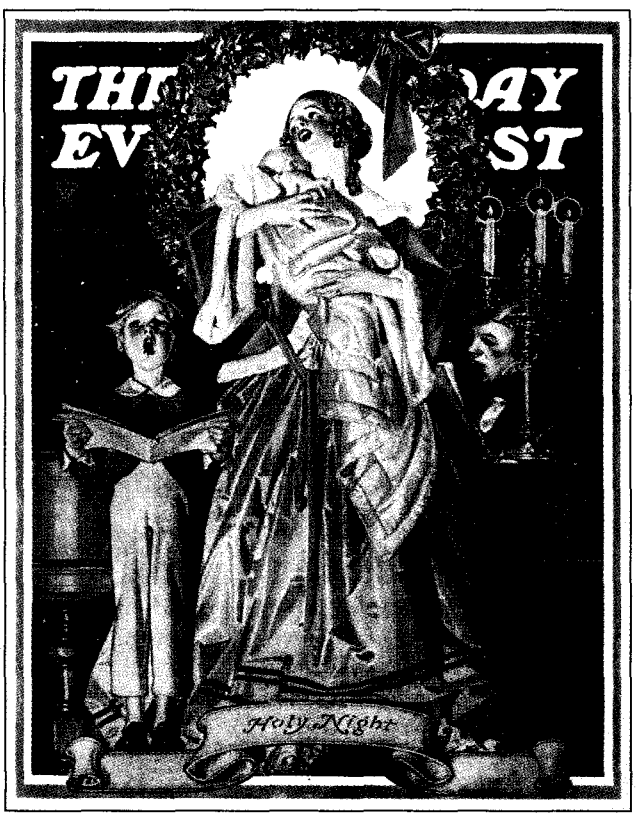
Joys of Christmas Past

For the holidays, our Illustrators Hall of Fame spotlights classic Post *covers from yuletides of long ago—featuring the art of Norman Rockwell and J.C. Leyendecker.*

By Starkey Flythe, Jr.



DECEMBER 29, 1934

Christmas is the happiest day of the year and the shortest (almost—the actual winter solstice, when the sun reaches its greatest declination north and south, is December 21). It is such a happy day that the most popular Christmas stories are the saddest, the ones about poor little match girls in the snow or crippled children ignoring their afflictions; it is almost as though there were a conspiracy to discourage the natural ebullience of the day, the day when primitive man realized the world was not coming to an end, only the year, that the days would get no shorter, would indeed begin to get longer and warmer and that beneath the frozen, iron-hard earth life was stirring, bulbs swelling, sap rising, and from these signs of nature, people's spirits soared.

In the celebration of a birthday we rejoice in the promise, the possibility of existence, for the little boy whose birth we mark fought against time and man's very nature to prove that the other man, the neighbor, is more valuable than the concept of good or any abstract perfection. Of himself he thought nothing; of the sick, the poor, the social outcast he thought everything, lived with them, and at the end died for them. His life was a cheerful life though, and in his teachings and example we are urged not to pull any long faces. Christmas is the essence of what he prescribes; giving, loving, and pausing to reflect on the passage of time and our place in a grander scheme.

Christmas was not always December 25; early church fathers felt that the Epiphany, or the showing forth (usually commemorated January 6), was a much greater feast than Christmas, and other early writers and theologians felt that, since the world was created perfect, flowers in bloom, trees in leaf, moon full, Jesus was therefore born in the spring, sometime in March when we now celebrate Easter.

The Roman Emperor Constantine (288-337) is believed to have standardized the celebration of

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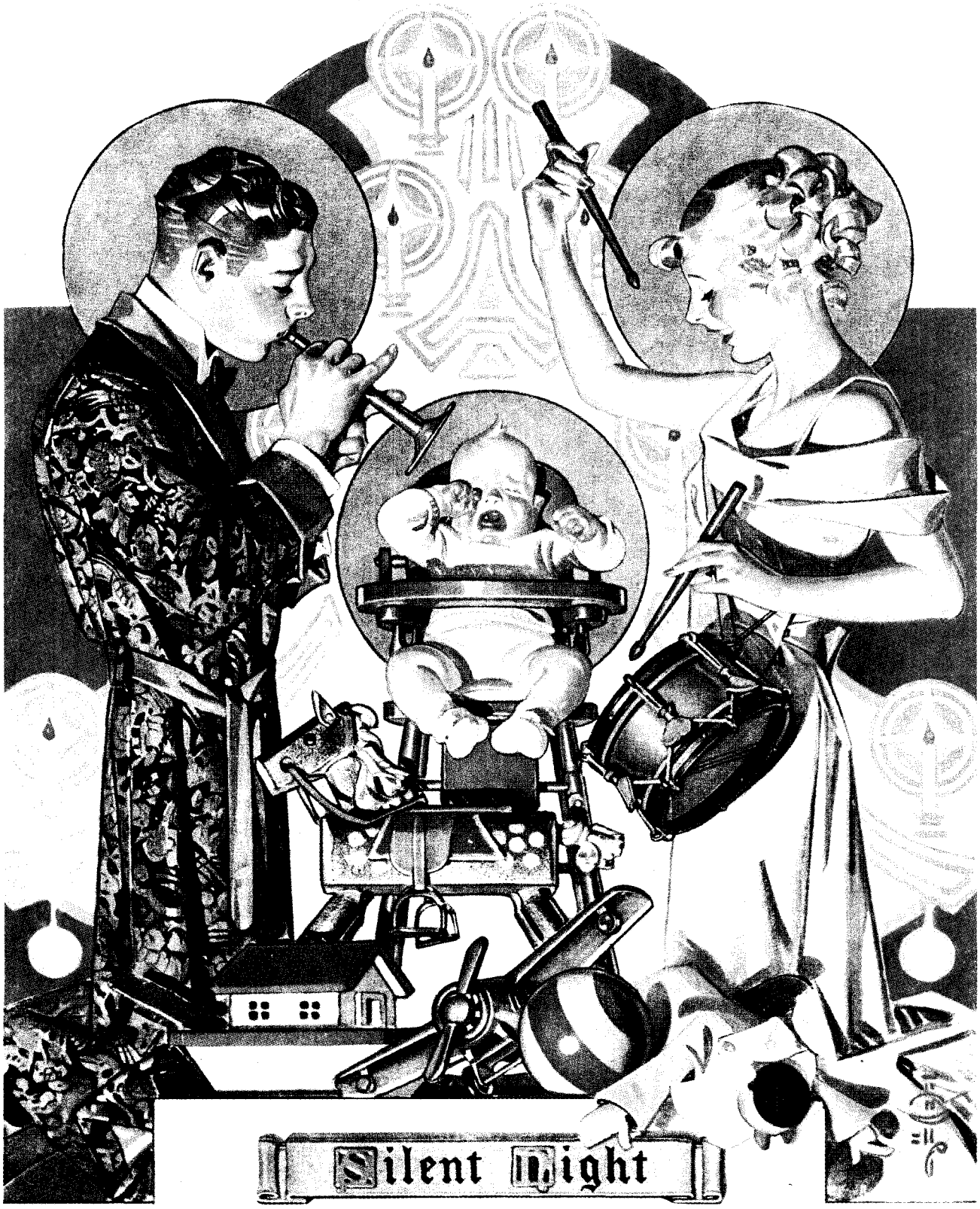

DECEMBER 28, 1935

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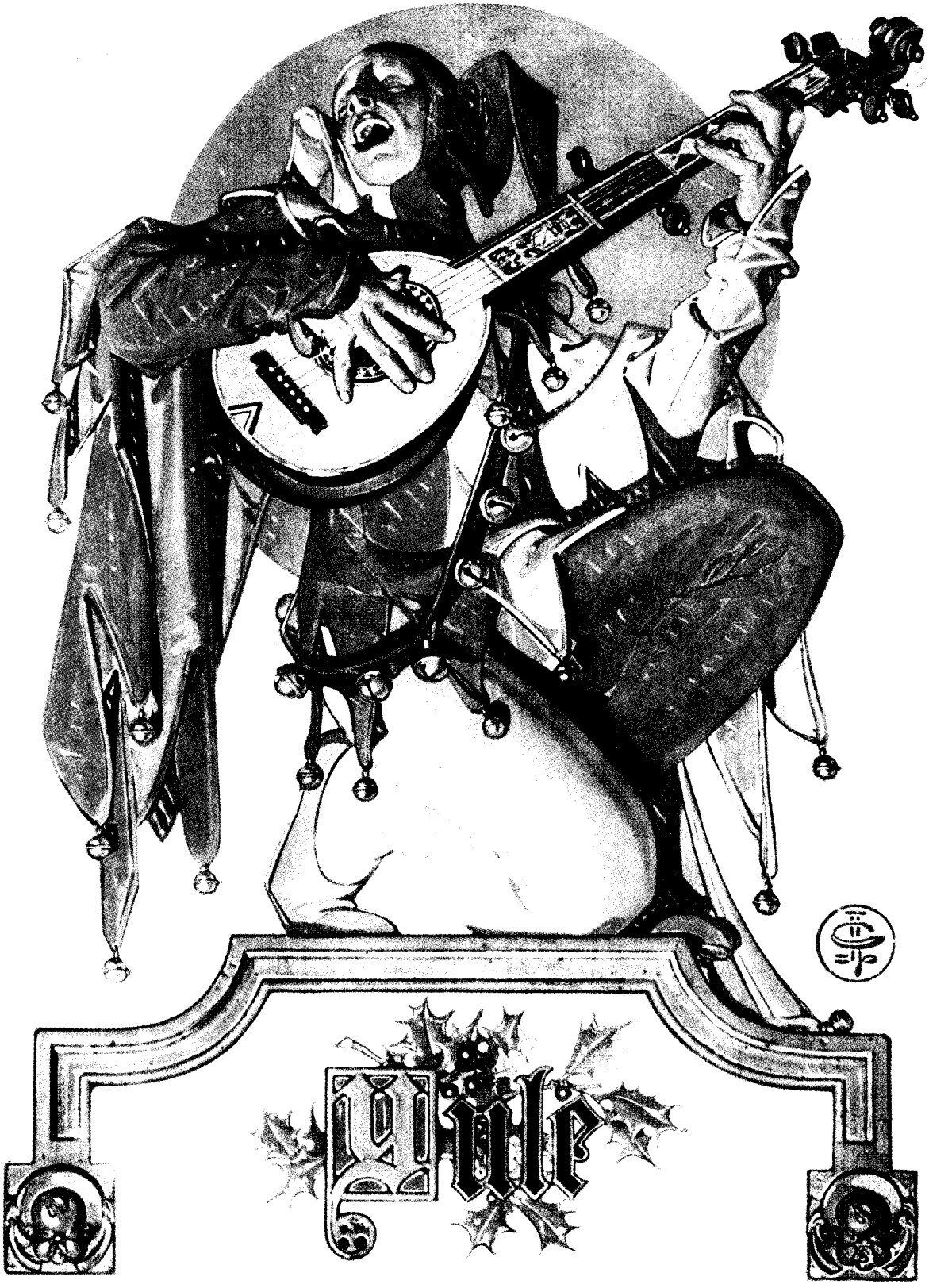

DECEMBER 26, 1931

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DECEMBER 23, 1933

Christmas on December 25th, choosing the season of the festival of the Unconquered Sun (*sol invictus*) so as to ensure peace between his political constituency and his newly found faith. In the year 330 he moved the capital of the Roman Empire to Byzantium so as to dissociate Christianity from Roman tradition. The church he founded, Magia Sophia, may still be seen in Istanbul. It is a stupendous monument to the new religion, much of it built with remnants of pagan cults, including the columns from the temple of Diana at Ephesus where St. Paul preached. The temple was one of the wonders of the ancient world, but its columns are dwarfed by the magnificence of the new church.

Old Germanic midwinter customs have contributed to the keeping of Christmas, too, the lighting of the Yule log, the tree, and

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DECEMBER 24, 1932

decorations with evergreens. St. Francis of Assisi introduced the manger or crèche with the figures of animals, shepherds, and wise men adoring the newborn Christ. St. Nicholas (circa 340) was believed to visit children, admonishing them to be a credit to their parents, threatening them with empty stockings, and rewarding them in good-natured reconciliation upon evidence of even mild repentance. The Dutch brought Sinter Klaas (Santa Claus) to the New World when they settled in the colony of New Amsterdam (New York). The English established the tradition of sending cards at Christmas. Indeed, from all over the world, the non-Christian world included, people have contributed to the making of the most popular of festivals.

Most of these traditions remain. Above them is the spirit of peace

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Christmas

DECEMBER 6, 1930

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DECEMBER 12, 1931

and goodwill, the unexplained euphoria that comes upon us, Scrooge included, even against our will. We forget for a day the competition, the turmoil of day-to-day existence, and find in this moment of stocktaking that we will ever make new resolutions to improve, that we will fail in the larger portion, but that we may succeed in one or two promises, and will always lose in our arguments against hope.

Christmas is the feast of children. It is their natural innocence that believes, not what adults have told them, but the evidence of their pure and unjaundiced eyes. In time, children grown old come to look on their beliefs as foolish, but in time again they look back on them as wise. Christmas urges us to believe and to make concrete our beliefs in our lives.

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GETTING ACTIVE ON HAWAII

Ride alongside whales, helicopter over an active volcano, or snorkel above a tropical reef.

by Patrick Perry

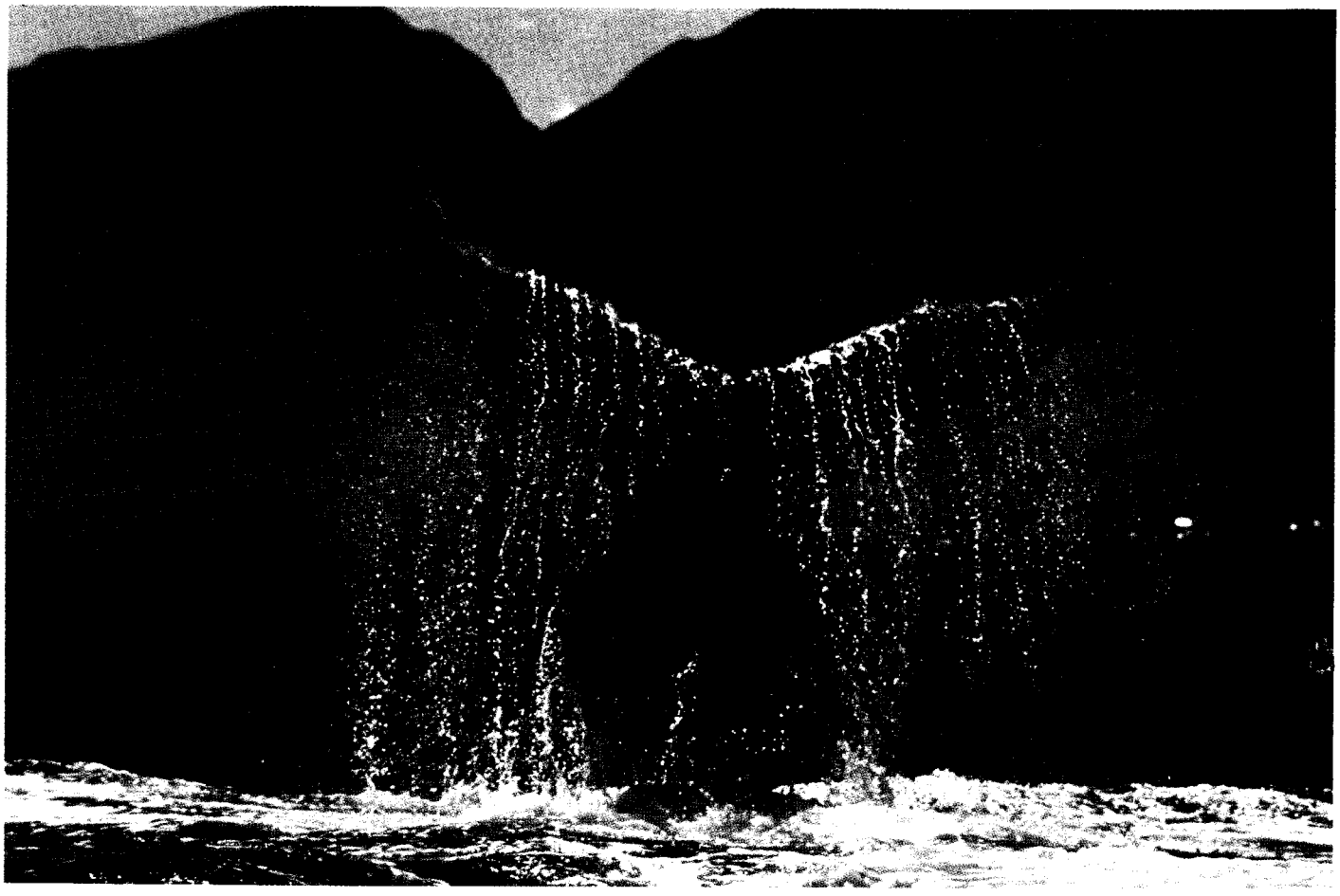
The inflatable Avon Searider glided smoothly over the waves and headed into the vast aqua waters of the Pacific Ocean. The 15 passengers aboard the durable rubber slip nervously fidgeted with cameras, ready to shoot the first sighting. The craft slowed, then stopped. Cameras poised, we waited and watched. Suddenly, a voice yelled, "Over there, I see one!" Everyone's focus shifted to the east as a giant humpback whale and her newborn calf broke the surface and cut gracefully through the waves with majestic, fluid movements. Apparently at ease with our presence, the two seemed oblivious to the boat. Moments later, the whales dove and disappeared.

Not a single camera clicked.

Over the course of the week, however, many photographs of whales were taken, as well as photos of active volcanoes, black-sand beaches, colorful underwater marine life, magnificent mountains, and lush flora—portraits of the natural wonder that is Hawaii.

* * * *

I arrived in Honolulu with a few naive notions about and cinematic memories of Hawaii's islands. One memory involved a dramatic scene from the film *Bird of Paradise*, in which Debra Paget, playing a tribal king's daughter, looked mournfully at Jeff Chandler before leaping into the fiery mouth of an erupting volcano, offering human sacrifice to Pele, the fire goddess. Not the most hopeful scenario to a young man. Then, of course, there were the colorful *National Geographic* specials on the wildlife, vegetation, and peoples of the Hawaiian Islands—a slightly more inviting picture. But a dimen-



MARK C. HIRAI

During the whale-watching season, whales migrate south to the Hawaiian waters and happily are very much in evidence—nothing can compare with the thrill of witnessing a humpback surface and breech.

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sion of Hawaii was still lacking.

During the next week, Hawaii unveiled in vivid color that missing dimension. My temporary home was aboard the recently refurbished S.S. *Constitution*, one of two ships of American Hawaii Cruises—the only oceangoing cruise ships sailing under the American flag. With my clothes and provisions safely stashed away in a comfortable stateroom, I sailed the Pacific aboard the well-known ship, calling before returning to Honolulu at Kahului, Maui; Hilo and Kona on the Big Island of Hawaii; and Nawiliwili, Kauai.

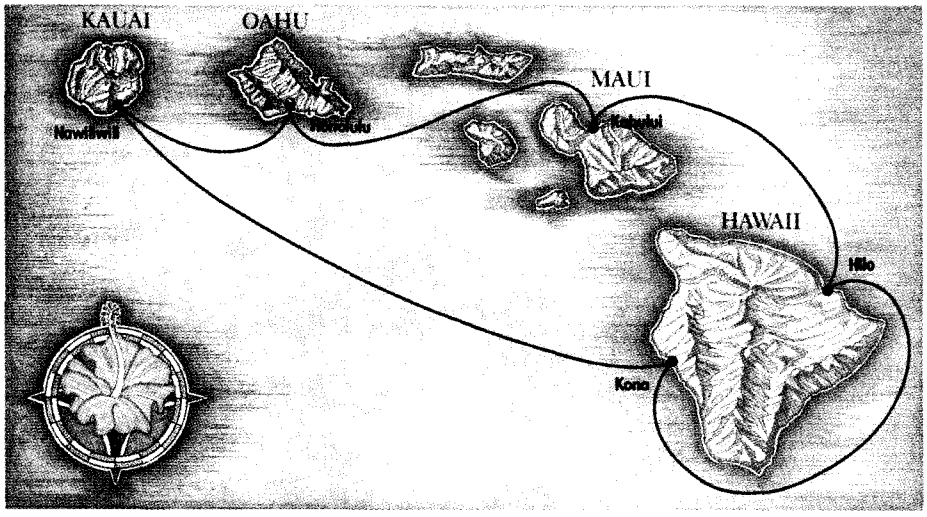
You probably think a cruise is a cruise is a cruise—a chance to relax, to eat delicious food at whatever time of day in whatever quantity you desire, and to be pampered like royalty on a daily basis. All this is true, of course, with one fascinating distinction.

"Save the Humpback Whales" cruises hosted by American Hawaii in the early spring offer passage to *adventure*. A fluke, pardon the pun, of nature allows the curious visitor to Hawaii during this time a rare and remarkable glimpse of endangered humpback whales in their native environment.

Each year, the fabled humpbacks migrate from the frigid waters off Alaska to Hawaii to breed and nurse their young. The gentle giants frolic and flirt with each other in the warm Hawaiian waters. While researchers struggle to unveil the habits of these mysterious mammals, whale watchers can witness firsthand the marvel.

But whales are not the only natural phenomena that await adventure-seeking visitors to Hawaii. Even though humpback theme sails are offered for only one week during the spring, cruising Hawaii packs excitement year-round. Each island boasts a unique character, distinct features, and definite challenges.

Leave the beach chair behind—the thrill of the islands lies in discovering their natural beauty and power. And there's no better route to discovery than by getting active in Hawaii.



In March American Hawaii Cruises offers the "Save the Humpback Whales" theme cruise—ports of call include Hawaii, Maui, Kauai, and Oahu.

MAUI

We landed at the pier in Maui early in the morning. After a quick breakfast and morning workout, we boarded the host company's Ocean Rider Zodiac—one of several officially registered with the Pacific Whale Foundation, a nonprofit research organization studying whales in the region. Offshore vessels, especially designed to navigate Hawaii's waters, must follow strict rules when approaching whales; these rules include not getting closer than 300 feet. Upsetting humpbacks' natural habits and habitats might deter the mammals from returning to the waters of Hawaii to breed and nurture their young. But the experienced pilots know how to maneuver the boats to reach the best possible vantage point.

The humpbacks swim very close to the boats. As with all species, courtship demands a certain concentration. Males are intent on "showing off" to the nearby female. Every so often, whales breech. For whale watchers, breeching is the most dramatic of the whale's behaviors. When a 30-ton animal jumps out of the water and slaps down on the surface, making waves takes on a whole new meaning.

The ritual is awesome. Occasionally, a male will hoist a wing-like dorsal fin out of the water, as if preparing for takeoff; dorsal fins can reach 15 feet. Hydrophone audio equipment on board the small craft

Explore the colorful underwater world of the Big Island on the Fairwind Snorkel Sail, a half-day of fun, sun, and smooth sailing.

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allows passengers to hear the whales communicating with one another directly below and around the boat. Naturalists often accompany excursion parties, offering a running narrative on whale behaviors.

At one point, a humpback female dove directly under the craft, allowing us a close-up glimpse. As the majestic creature swam through the strong ocean current, she resembled an underwater subway en route to destinations unknown. Whale behavior still remains largely a mystery, but researchers off the coast of Hawaii are learning a great deal. Returning humpbacks have become familiar "faces" and are given affectionate names.

Later that evening, naturalists and biologists briefed us on the habits and history of humpbacks. Ron Norris, a marine biologist from Anchorage who is famous for the coordination of "Operation Breakthrough," the gray whale rescue in Barrow, Alaska, in 1988, explained to us the problems endangered humpbacks face. The Whale Gallery on each ship boasts permanent displays on the lore of the humpback, underwater photos and stop-action shots of the mammals, and maps of known migration patterns—all of which generate awareness of the plight of the humpback in our environmentally threatened world.

Tips: Bring plenty of film, and load the camera before the offshore craft anchors; whales surface and disappear in moments—so be ready. Take as many photos as you can; once you return home, you'll be glad that you did. Ship photographers offer suggestions on action photography and "taking your best shot" prior to the outing. Wear sunscreen; the tropical sun beats down on the water and you—and a tropical burn could ruin the rest of the trip.

After the four-hour excursion, we returned to Lahaina. Once a remote fishing and whaling village, Lahaina is today a tourist's mecca: a true T-shirt town. From the crowded harbor to the busy main street, tourism is the town's economic mainstay. Vendors sell everything from $2 shells to $20,000 originals from such art-world luminaries as Peter Max, Andy Warhol, and Erté. The whale-watching movement has caught up with Lahaina: Whale *kitsch* is everywhere. For mementos, this is the place to shop. The convoluted shape of the spreading century-old Indian banyan tree in front of the Court House is an attraction all by itself. At the heart of town, the Pioneer Bar is a delightful watering hole: A live impromptu group often plays.

If you prefer shoreside adventure, land excursions are available. For the strong of heart and limb, try bicycling down the slopes of Mount Haleakala. Beginning at the summit of Haleakala, 10,023 feet above sea level, you will coast more than 38 miles at approximately 20 miles per hour. This excursion, which lasts seven-and-a-half hours, is a wonderful adventure for the thrill-seeking. Lunch and frequent stops are included in the outing.

In Hilo, meander through the Hawaii Tropical Botanical Garden, a tropical rain forest resplendent with over 1,000 species of exotic plant life.

HILO

Fourteen years ago, a retired San Francisco executive, Dan J. Lutkenhouse, discovered a spectacular valley at Onemea Bay. He fell so in love with the scenic landscape that he sold his business, purchased the land, and in 1984 opened the doors to his dream: the Hawaii Tropical Botanical Garden.

This is Hawaii at its most lush and colorful. Hidden and pristine nature trails wind through this spectacular rain forest; paths cross streams, pass by magical waterfalls, and provide ocean vistas along the rugged, rocky coast. Large, colorful koi fish swim in Lily Lake. It's a photographer's dream come true, so all shutterbugs should be prepared. (Actually, there are fantastic photo opportunities along the way on the four-mile scenic route seven miles north of Hilo.)

The garden showcases a vast variety of tropical flowers, plants, and trees, including palms, bromeliads, gingers, heliconias, exotic ornamentals, and giant tree ferns. At one point on the trail, I found myself engulfed in a palm jungle, wondering if I had stumbled onto an alternate set for *Honey, I Shrunk the Kids* or whether the legendary Merlin would soon jump from behind one of the trees in this enchanted forest. Nestled in the green, shrine-like and solemn, is a three-tiered natural waterfall. Parrots, African flamingos, and Mandarin ducks roam the gardens.

More than 1,800 species of plants and flowers from around the world can be seen on the self-guided tour. Lutkenhouse has purchased additional acreage and plans to expand the tropical garden to include even more endangered plants, larger research facilities, and a large, modern visitor center.

Tip: Wear comfortable shoes and bring a sheer cover-up; rain is frequent.

Soon after takeoff in a Hilo Bay Air helicopter to our next excursion, Kilauea, we noticed the landscape

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had shifted from the rich, inviting green to a dark, eerie gray, resembling more a set from a George Lucas science-fiction thriller than any earthly scene—acre upon acre of molten, hard lava covering the once-plush lands of Hilo. Slowly, the volcano's eruptions have reclaimed ancient ground, sealing it forever from generations to come. Despite the residents' offering of the traditional bottles of gin, Pele, the fire goddess, could not be appeased.

The helicopter seats four comfortably per tour. Headphones are provided so the knowledgeable pilot can relate the history of developments in the landscape below.

Once over the active Pu'u 'O'o vent, we witnessed the volcanic activity up close as the helicopter hovered to peer through a portion of the collapsed "roof" of one of the lava tubes, called "skylights"; the river of molten rock streaming underground seemed a perfect portrait of Dante's Inferno. The brilliant orange underneath contrasts with the dark, dirty, gray surface, which is actually lava turning to stone. The temperature in this tube reaches about 2,300° F. As you hover 30 feet or so above the skylight, you can feel the intense heat through the open windows of the helicopter.

The one-hour tour route follows the volcano's eight-mile path to the ocean's edge, where the tube shoots the lava out into the water. As the incredibly hot lava pours into the cool seawater, the ocean erupts in an explosion of steam and spray, much as it must have millions of years ago in forming the earth. Kilauea has destroyed many of the homes and farms of Hilo's residents, but has added more than 125 new acres of land to the island. From this aerial vantage point, you can see scattered remnants of the oceanside community—tin roofs, road signs, the windows of a school bus, a tractor—all frozen in the rock-hard lava. The famous Black Sand Beach—once one of the most popular tourist points—is gone, but a new black-sand beach is forming at Kamoamoa.

Tip: If possible, try for the front seat next to the pilot or the two outside windows—the views are much better. If at all squeamish, opt for the middle back seat. Whatever the perch, you will be treated to absolutely astounding views.

J.D. GRIGGS

The fiery lava from Hawaii's active Kilauea Volcano hisses and explodes on contact with the much cooler seawater at Kalapana.

If flying over an active volcano isn't for you, Volcano National Park offers you a taste of the crater while your feet are planted firmly on the ground. A motor coach takes you from the Kilauea Visitor Center around the 11-mile crater-rim drive into the summit's cauldron.

Tip: Comfortable shoes are a must.

Whichever option you choose, this landscape is one that you will not soon forget. That night as we sailed along the coastline, the lava-spewing Kilauea Volcano illuminated the night sky a bright red-orange—it was a final reminder of the fire goddess Pele's dominion over the island.

KONA

For most people, Kona suggests one thing: coffee. Kona coffee is, arguably, the best in the world. But Kona is also a port of entry on the Big Island—the island of Hawaii. If visiting these isles conjures up visions of lounging in the sun, sipping fruited drinks, contemplating the mysteries of life and the many injustices of the world, then book passage on the Fairwind Snorkel sail. The afternoon excursion offers four

continued on page 101

The spectacular Na Pali coastline, accessible only by boat or on foot, is one of the most impressive sights in Hawaii—a perfect image of unspoiled paradise.

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MALIGNANT HYPERTHERMIA: THE UNKNOWN KILLER

What you don't know can hurt you if you have MH, a genetic disorder that prompts an abnormal reaction to anesthetic drugs.

by Carolyn P. Greenberg, M.D. and William L. Young, M.D.

If somewhere lurking in your family tree there is a relative who died or became seriously ill from anesthesia, you should make sure your anesthesiologist knows this before you go under for surgery. He or she will want unexpired dantrolene handy.

Susie is a ten-month-old baby, perfectly healthy except that she has a congenital abnormality of her foot, commonly known as clubfoot. Susie's parents have consulted the pediatrician, and he has recommended elective surgery to repair the clubfoot so that the child's development can progress normally—a routine surgery under routine general anesthesia. When they inquire about the safety of the operation, they learn that the odds on something going wrong with this procedure are extremely small, perhaps 1 in 10,000. They decide they want their child to have the surgery.

After Susie is brought to the operating room, the anesthesiologist places a small clear mask over her face. As she breathes normally, the anesthetic gas is taken up into her lungs, bloodstream, and brain, and she gradually drifts off to sleep. A thin plastic tube, called a catheter, is placed in a vein. A drug is then given intravenously to relax Susie's muscles so that a breathing tube may be inserted to allow the anesthesiologist to control her breathing during the operation. Sterile drapes are placed over the child, leaving only the site of surgery exposed, and this area is washed with an antiseptic solution. A check is made to be sure that all of her vital signs are stable, and an incision is made a few minutes later.

Surgery proceeds normally for about 20 minutes. Suddenly, the infant's heart rate rises dramatically—to twice the normal speed—and begins to skip beats. Her body stiffens, her skin appears flushed, and her lips are dusky. Her temperature climbs precipitously—to 105° F—and her body feels hot to the touch.

The anesthesiologist, suspecting that Susie has malignant hyperthermia (MH), responds quickly, knowing that if the infant is not treated rapidly she may die. Surgery is stopped. The entire operating-room team—doctors, nurses, technicians, aides—mobilizes to treat the life-threatening emergency.

Anesthetics are discontinued, though the child still receives pure oxygen. More catheters are placed in veins and in an artery of one arm. Blood samples are drawn to determine if a dangerous imbalance of her natural body chemicals has developed. The infant is wrapped in cooling blankets and her body is then placed in ice. Dantrolene, a drug that is a spe-

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cific antidote to an MH reaction, is mixed and given intravenously in several doses.

The child remains in the operating room under close observation. Her condition improves over the next 30 minutes. The excess acids that had developed in her blood have been neutralized by drugs, the stiffness has abated, her normal heart rhythm has been restored, her color is normal, and her temperature is trending downward. She is beginning to awaken from anesthesia.

She will require careful observation and treatment for the next 24 to 48 hours in the intensive-care unit. Although the acute episode of MH has been resolved, symptoms may reappear at any time in the early period after surgery. Also, the infant could develop secondary complications—such as muscle breakdown, kidney failure, or a bleeding disorder—during the subsequent hours.

Volleyball star Judy Bellomo died of MH during thyroid surgery.

Why would a healthy young child undergoing routine surgery suddenly—unpredictably—develop a potentially fatal reaction to certain anesthetic drugs? Why wouldn't there be warning signs before the anesthetic was started?

Malignant hyperthermia is caused by a genetic disorder that prompts an abnormal reaction to anesthetic drugs. A vicious cycle of reactions develops in muscle cells, accelerating the body's metabolism and producing excessive heat—and sometimes causing death.

In January 1990, the tragic death of U.S. volleyball star Judy Bellomo during thyroid surgery was attributed to malignant hyperthermia. Sudden, extreme elevation in her body temperature was reported to have caused multiple organ failure. As in most such cases, she had been unaware that she was at risk for MH.

The first case of MH—reported in 1960 by M.A. Denborough of Australia—occurred in a young man who nearly died following anesthesia for repair of a fractured leg. The patient's family history revealed that a number of relatives had died during or shortly after general anesthesia. Dr. Denborough concluded from this information that an inherited sensitivity to general anesthesia must exist.

There are three characteristic features of MH: accumulation of acids in the bloodstream; muscle stiffness; and a rapid and extreme rise in body temperature (to as high as 110° F). MH most often occurs in the operating room and is triggered by certain inhaled anesthetics (halothane, enflurane, or isoflurane) or by a short-acting muscle relaxant, succinylcholine, which is given for the insertion of the breathing tube.

The incidence of MH during general anesthesia is about 1 in 5,000 to 1 in 15,000 in children, and 1 in 20,000 to 1 in 40,000 in adults. MH can affect all races, ages, and both sexes. It is believed to be inherited as a dominant gene, but not every member of an affected family may be susceptible—and there may be degrees of both susceptibility and manifestations even within the same family. Also, MH may not occur—even in a susceptible patient—during every general anesthesia.

Some individuals and their family

What to Ask the Anesthesiologist About MH

▶ Do you routinely use the following monitoring devices: capnometer or gas analyzer, pulse oximeter, temperature monitor?

▶ Do you have an adequate supply of dantrolene (36 ampules, unexpired)?

▶ Are you familiar with the signs and symptoms of MH?

▶ Do you have a specific treatment plan for an acute episode?

▶ Do you have the special equipment and drugs necessary to treat an acute episode?

▶ Do you have available laboratory facilities and ICU?

▶ Are you familiar with safe "nontriggering" drugs and techniques to be used for a patient susceptible to MH?

▶ Are you aware of which drugs to avoid?

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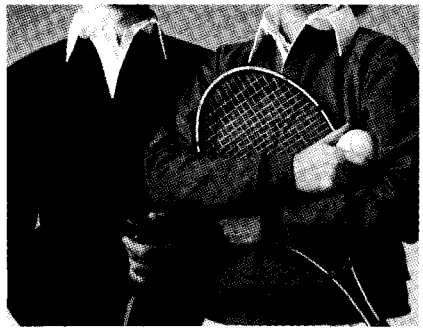

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members who are at risk for MH may have abnormal muscle development, muscle cramps, or weakness. They may also have other conditions related to muscle imbalance, such as curvature of the spine, crossed eyes, or double-jointedness. They may be subject to high fevers during periods of illness or stress, or following exercise. One adolescent boy with a family history of MH is well-known in the emergency room at Columbia Presbyterian Medical Center in New York City for his multiple appearances with high fevers and muscle cramps after vigorous games of basketball.

Some affected individuals may also be sensitive to caffeinated beverages such as coffee and soft drinks. One Saturday night at midnight, a consultant covering the MH Hotline received a call from a hysterical MH-susceptible patient who wasn't feeling well after a cheeseburger and a large cola. Fortunately, her symptoms were more compatible with indigestion than MH.

The signs and symptoms most frequently observed by the anesthesiologist are rapid heart rate, rapid or irregular breathing, abnormal heart rhythm, and body rigidity. The person's skin may become dusky, flushed, or sweaty; blood pressure may fluctuate; and, finally, a rapidly rising and sustained fever will develop—which is the hallmark of MH.

The treatment is to immediately stop anesthesia and change all equipment that may contain MH-triggering substances. The patient is then given pure oxygen and injected with the specific antidote, dantrolene. The body is cooled to bring down fever.

Doctors then observe the patient closely over the next 24 to 72 hours, until all danger of subsequent episodes or late complications has passed. In particular, they watch for the dark, cola-colored urine that indicates breakdown of muscle tissue.

Without treatment, an episode of MH may progress to cause kidney damage, internal bleeding, massive muscle destruction, brain swelling, and death due to cardiac arrest and multiple organ failure.

Since the introduction in 1979 of dantrolene, the number of deaths from MH has been significantly reduced. Dantrolene, a product of Norwich Eaton Pharmaceuticals, blocks muscle contraction by interfering with calcium release within the muscle cells.

Normally, muscle filaments contract by the interaction of two proteins, called actin and myosin—all under the influence of calcium, which is released during the contraction process. The calcium is then returned to a storage depot within the cell, and the muscle relaxes.

"I knew I should have run a background check on you."

With MH, the calcium remains free inside the cell instead of returning to the storage depot. This excessive amount of calcium fuels a "fire" within the cell that results in complete breakdown of the energy factory and energy stores—and the abnormal production of acids, carbon dioxide, heat, and persistent binding of the muscle filaments creates a sustained contraction, or "contracture."

Dantrolene is effective in treating an MH crisis because it inhibits the release of calcium within the cell. Unfortunately, dantrolene is expensive (up to $1,200 per treatment for a 150-pound adult), complicated to use, and has a limited shelf life. A person who is at risk for MH and who faces surgery should make sure that an adequate supply of the drug, unexpired, will be available in the operating room and that the anesthesiologist knows how to administer it. The anesthesiologist's preoperative evaluation should include a detailed medical and anesthetic history, a family history of anesthetic exposure, any unexpected deaths or muscle disorders in the family, and any occurrence of dark urine or high fever after anesthesia.

How can a person find out if he or she is MH-susceptible? The only test currently considered valid is a muscle biopsy with testing of the contracture—or stretch response—of the skeletal muscle. This procedure is recommended for individuals who have had suspicious reactions to anesthesia or for members of families with an MH history.

Contracture testing requires a nerve block or general anesthetic of a nontriggering type for the minor surgery to obtain the muscle. The cost (which may be covered by medical insurance) is more than $2,000, and there is the inconvenience of having to undergo the procedure. The patient must be at an MH center to have this testing done because fresh muscle tissue is required; there are only 12 centers in North America performing the analysis. For these reasons it is difficult, if not impossible, to test all potentially susceptible individuals. In the absence of testing, the status of possibly susceptible individuals is unknown. To be on the safe side, they must be treated as if they are MH-positive during subsequent surgery and anesthesia.

Since MH is a genetic disorder and may affect other family members, immediate blood relatives should be notified of the possibility of their susceptibility to MH, where information may be obtained, and how they may be tested. Until they've had a muscle biopsy, all close family members are considered at risk, even if they have received successful anesthesia in the past. With improved monitoring, versatile "nontriggering" techniques, and availability of dantrolene, there is little inconvenience in assuming susceptibility in the operating room.

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A simple, accurate, inexpensive, noninvasive diagnostic test is definitely needed. This is likely to come within a few years as current fruitful research on the genetic determinants for MH proceeds. Presently, the gene for MH has been localized to chromosome 19 at a site that controls calcium activity within the cell. Once the genetic basis for MH is determined, a means of definitive testing will most likely follow. This will be a major breakthrough.

For the benefit of MH-positive individuals traveling to underdeveloped countries who are concerned about being prepared in case of a surgical emergency, Norwich Eaton has prepared a "travel pack" of dantrolene that can be prescribed by a physician and returned if unused. A young woman who had experienced a nearly fatal episode of MH at a New York hospital even took this travel pack on her honeymoon in the Caribbean. Luckily, she didn't need to use it.

Surgery may be managed safely for MH-positive individuals with local, regional, or general anesthesia techniques. Local anesthetics such as Novocaine or Xylocaine may be injected into the operative site. Xylocaine and other similar local anesthetics have recently been shown to be safe. Regional anesthestics include spinal, epidural, and nerve-block techniques. In addition, sedation may be safely provided with narcotics, barbiturates, and tranquilizers. General anesthetics considered safe for patients at risk for MH include nitrous oxide (laughing gas); narcotics such as morphine, Demerol, and fentanyl; sedative-hypnotics such as sodium pentothal or propofol; tranquilizers such as Valium, midazolam, and droperidol; and what we term "nondepolarizing" muscle relaxants: pancuronium, metocurine, atracurium, and vecuronium.

Increasing awareness among the medical community, particularly anesthesiologists, has improved recognition of, and prognosis for, MH. Still, there are many unsolved issues related to MH, particularly in the realm of inheritance and diagnosis. One of the few certainties is that successful outcome depends on early recognition and prompt treatment.

The chance of dying during an episode of MH was once 70 percent. With the use of dantrolene, modern anesthetic techniques, and increased awareness by anesthesiologists, mortality from MH has been reduced to about 10 percent. Nevertheless, there are still 8 to 12 reported deaths from MH in the United States each year. Vigilance, early diagnosis, and adequate treatment will, hopefully, reduce deaths even more.

For More MH Information

A national nonprofit organization, the Malignant Hyperthermia Association of the United States (MHAUS), founded in 1981, supports education and research in the area of MH. It serves as a source of referrals to testing centers; adviser to medical facilities, patients and their families, medical professionals, and the public; and supports research on the diagnosis and treatment of MH.

The organization maintains a 24-hour MH Hotline staffed with expert consultants to respond to emergency inquiries from primary physicians, nurses, nurse anesthetics, and other medical personnel regarding the management of MH. It also produces a quarterly publication, *The Communicator,* which provides updated information about MH to patients and their families, as well as to the medical community. MHAUS sponsors the MH registry, a data bank located at Pennsylvania State University at Hershey, to which physicians are encouraged to file reports of acute MH cases and from which they may retrieve information about patients and their families who have experienced malignant hyperthermia.

Publications of MHAUS include pamplets, posters, and wallet cards for patients (listing safe and unsafe drugs) and for physicians (describing treatment of an acute episode). The organization holds an annual conference for MH families. Membership and materials may be obtained by contacting the organization.

▶Malignant Hyperthermia Association of the United States (MHAUS), P.O. Box 191, Westport, CT 06881-0191; (203) 655-3007

▶MHAUS 24-Hour MH Hotline, (209) 634-4917

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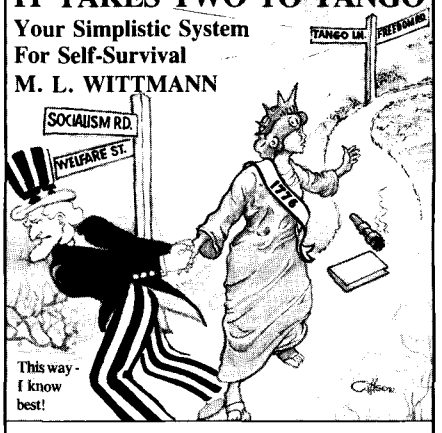

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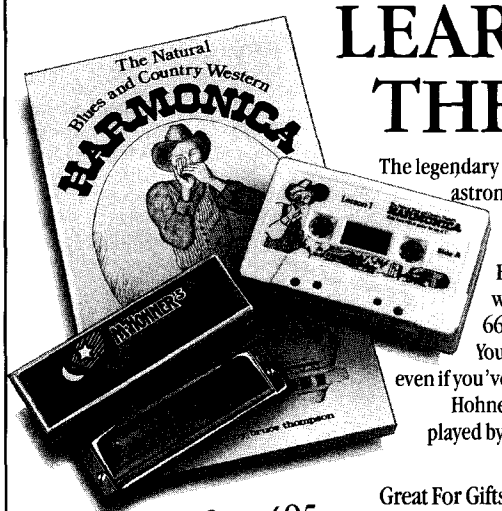

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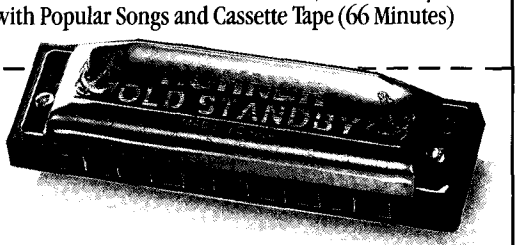

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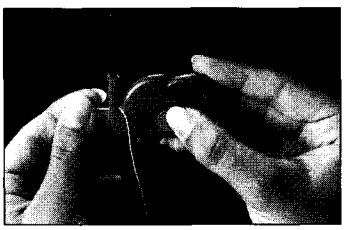

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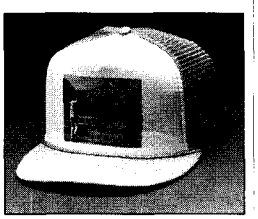

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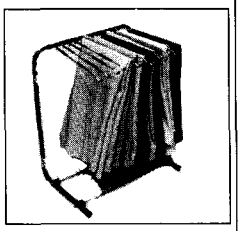

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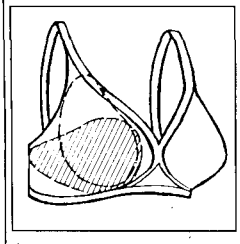

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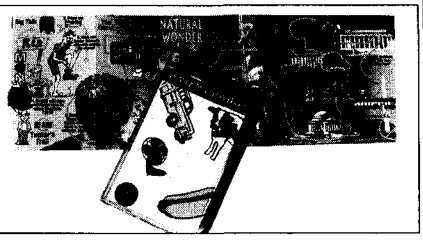

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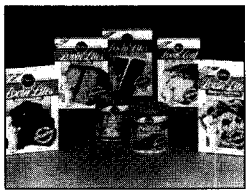

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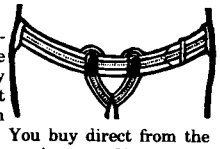

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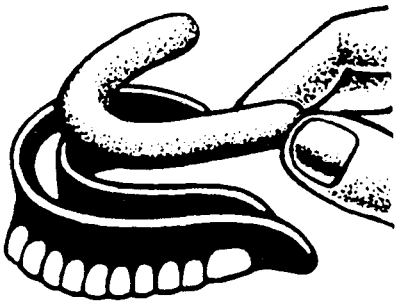

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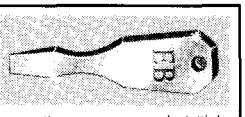

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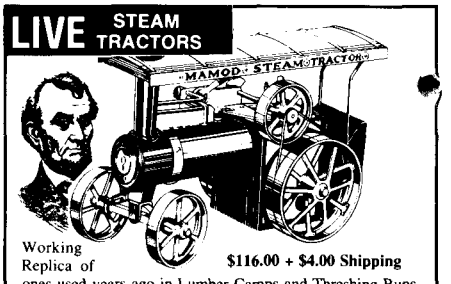

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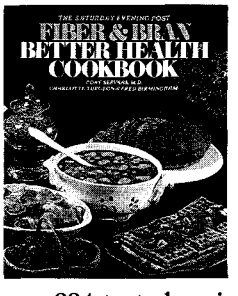

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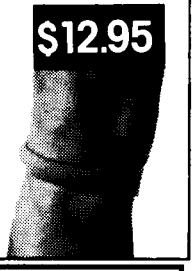

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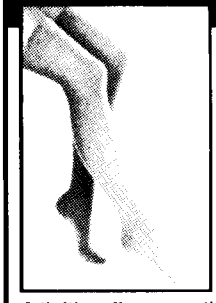

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E. Douglas Whitehead, M.D., F.A.C.S.
Director, The Association for Male Sexual Dysfunction, New York City

After 40, expect some changes in your sexual reactions.

Man or woman, you may be slower to achieve readiness for sex. Your climaxes may change. So may the tempo of your lovemaking and the frequency of your desire.

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This is what prompted us to edit a newsletter called SEX OVER FORTY. The initial issue was circulated to eminent experts in the fields of medicine and sex therapy.

Their reaction was enthusiastic. **Sexual help like this is not available anywhere else.**

The words SEX OVER FORTY will not appear on any envelope that we send you.

You can read it at home, without hurry or embarrassment. You can read it over and over until you understand fully. No more hunting in bookshops for snippets of information that can worry you further. No more "what did he say?" after a tense, quick visit to the doctor.

SEX OVER FORTY often describes ways of making love (ideal for people over 40) that many are embarrassed to say they want to try. You and your partner can read about them separately, then discuss them together with more comfort.

SEX OVER FORTY discusses sex like we do in our private practices. When telling a woman how to help her mate regain an erection, we actually show her how to hold her hands, how to move, what comforting things to say.

Becoming more creative lovers.

We cover the major sexual fears and problems that confront people over 40. But we are not overfocused on problems. Each issue is filled with specific ways each partner can become a more sensitive, creative and spontaneous lover. For example:

- How to strengthen sexual muscles.
- The role of sexual lubricants.
- When your partner wants sex more (or less) often than you do.
- Vitamins and herbs for improving sexual functioning.
- Middle-of-the-night sexual opportunities.
- How to end premature ejaculation.
- Impotence: 11 ways to tell whether it's physical or psychological.
- Female climax: how to improve it.
- Sex after divorce: how to approach it.
- After heart attack: good, safe sex.
- What men need to know about the female sex organs.
- Common medications: how they can affect your sexuality.
- Multiple orgasms: achieve them now, even if never before.

Case histories are included to clarify: so are medical illustrations. Plus special monthly departments worth reading.

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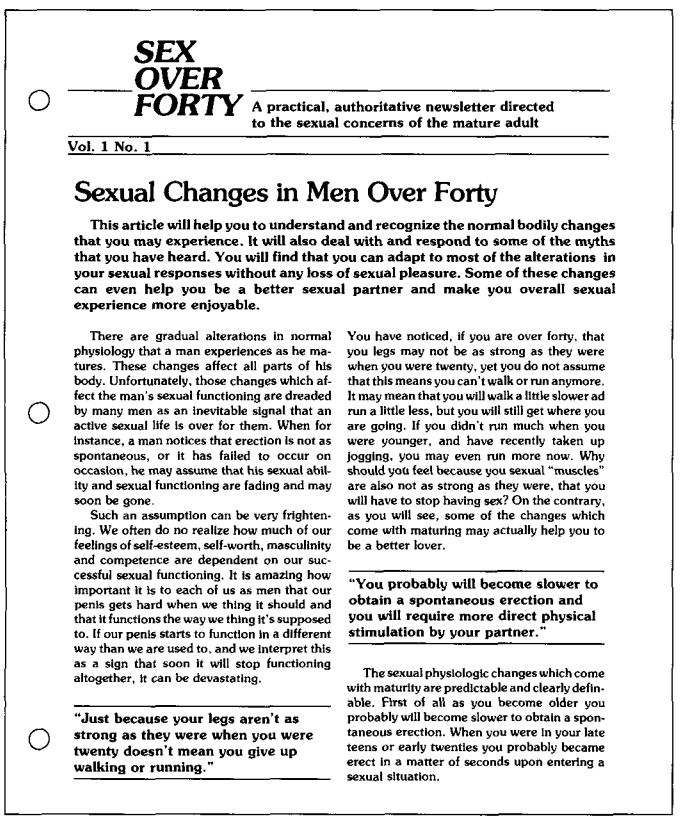
Dr. E. Douglas Whitehead and Dr. Shirley Zussman counseling a couple.



SEX OVER FORTY A practical, authoritative newsletter directed to the sexual concerns of the mature adult

Vol. 1 No. 1

Sexual Changes in Men Over Forty

This article will help you to understand and recognize the normal bodily changes that you may experience. It will also deal with and respond to some of the myths that you have heard. You will find that you can adapt to most of the alterations in your sexual responses without any loss of sexual pleasure. Some of these changes can even help you be a better sexual partner and make you overall sexual experience more enjoyable.

There are gradual alterations in normal physiology that a man experiences as he matures. These changes affect all parts of his body. Unfortunately, those changes which affect the man's sexual functioning are dreaded by many men as an inevitable signal that an active sexual life is over for them. When for instance, a man notices that erection is not as spontaneous, or it has failed to occur on occasion, he may assume that his sexual ability and sexual functioning are fading and may soon be gone.

Such an assumption can be very frightening. We often do no realize how much of our feelings of self-esteem, self-worth, masculinity and competence are dependent on our successful sexual functioning. It is amazing how important it is to each of us as men that our penis gets hard when we thing it should and that it functions the way we thing it's supposed to. If our penis starts to function in a different way than we are used to, and we interpret this as a sign that soon it will stop functioning altogether, it can be devastating.

"Just because your legs aren't as strong as they were when you were twenty doesn't mean you give up walking or running."

You have noticed, if you are over forty, that you legs may not be as strong as they were when you were twenty, yet you do not assume that this means you can't walk or run anymore. It may mean that you will walk a little slower ad run a little less, but you will still get where you are going. If you didn't run much when you were younger, and have recently taken up jogging, you may even run more now. Why should you feel because you sexual "muscles" are also not as strong as they were, that you will have to stop having sex? On the contrary, as you will see, some of the changes which come with maturing may actually help you to be a better lover.

"You probably will become slower to obtain a spontaneous erection and you will require more direct physical stimulation by your partner."

The sexual physiologic changes which come with maturity are predictable and clearly definable. First of all as you become older you probably will become slower to obtain a spontaneous erection. When you were in your late teens or early twenties you probably became erect in a matter of seconds upon entering a sexual situation.

Front page of Premier Issue (greatly reduced in size).

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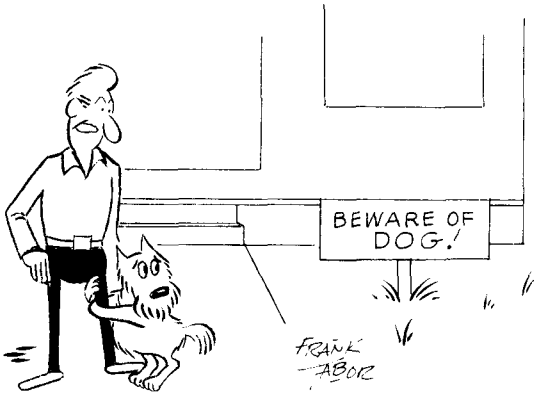
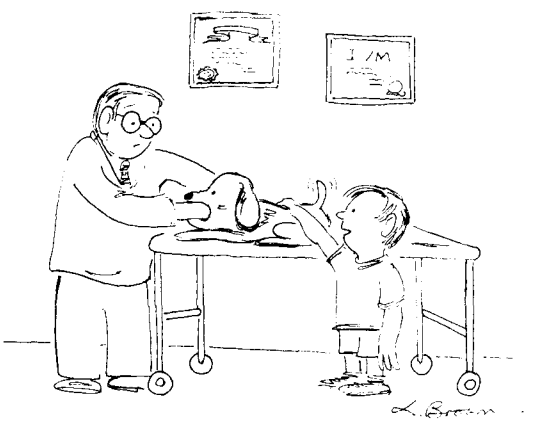
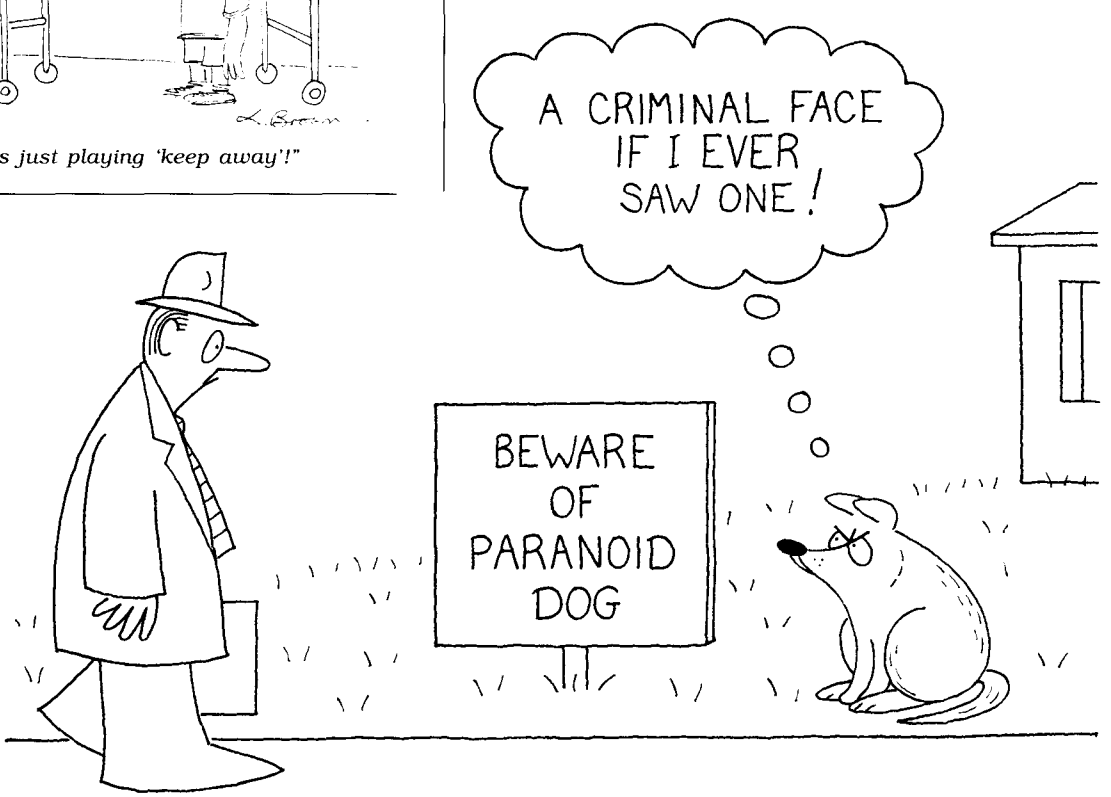


"That's you, stupid!"



"He's just playing 'keep away'!"



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It's A Headache

continued from page 47

pain, I have caught them tightening those neck muscles. Some have had 20 to 40 years of intermittent, in a few cases daily, agony. If you have this kind of headache and your doctor kneads the neck and shoulder muscles, he may hit tender spots, even some knotty cords, that may make you wince. These are points that can trigger head pain.

For a tension headache, a good approach is to work at the neck and shoulders with physical therapies to ease the soreness. A brief regimen of a nighttime muscle-relaxing medication helps loosen taut cords and assists sleep. For extreme and frequent tension headaches, there are other treatments—of varying effectiveness: injection into tender trigger points with a local anesthetic and cortisone; daily neck, back, and shoulder exercises; posture correction; biofeedback; properly applied acupuncture and electrical stimulation to the affected muscles; and, if appropriate, psychological support and antidepressants. The physician and the patient simply have to keep looking for what works best in each case. Drugs that contain barbiturates and opiates can help for the occasional severe tension headache, but should not be used daily. They are, *in effect, masking pain, not* dealing with its source. They are addicting, and some actually prolong the cycle of headaches.

Symptoms of migraine and tension headaches can overlap; some patients may have both. When a patient describes throbbing on only one side of his head, sensitivity to light, and nausea, physicians who follow the Headache Society's classification usually think migraine. But sometimes neurologists get better results with treatments designed for tension headaches. On the other hand, migraine sufferers may describe muscle tightness and generalized, not simply unilateral, pulsating pain. Again, physicians may have to experiment to see which treatment actually works best.

Like doctoring's approach to other symptoms that defy absolute scientific classification, the diagnosis and therapy of headache inches forward more by attentive, intelligent, open-minded trial and error than by expensive technology—or by simply ascribing all the blame to the psyche. ✱

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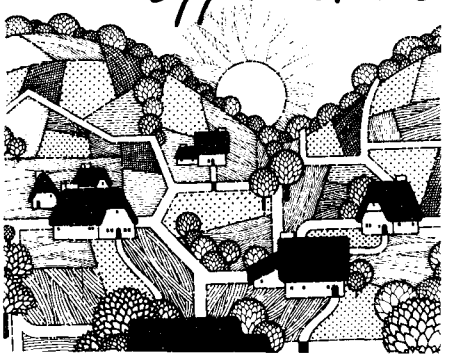

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SPORTS

THE LURE OF POWERBOATING

The boats get more powerful every year, but the true test remains man against the sea.

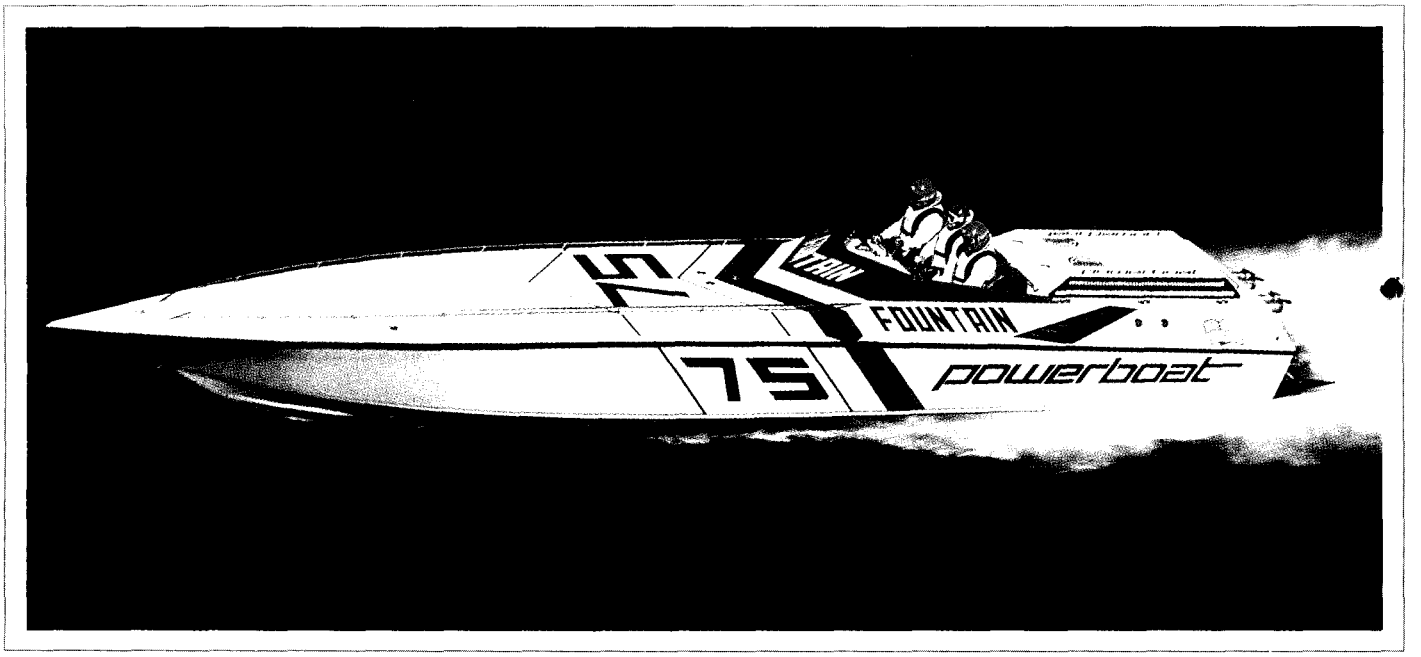
by Ted Kreiter

Powerboats come in all sizes, and the owners and drivers are equally diverse. They range from President George Bush and former football quarterback Joe Theismann to the cast of the "Miami Vice" television series and top officials of giant corporations. All, however, have one thing in common—to go as fast as they can with the boat that's under them without it ending up on top of them.

A good case in point is George Bush, whose 28-foot Cigarette boat, *Fidelity*, can reach speeds of 50-plus mph. Bush loves to drive all out, and finds great sport in outmaneuvering his Secret Service guards. To keep up with him, the agents use bigger 36-foot chase boats. Unfortunately, their boats take such a pounding that the men who never smile have blown an undisclosed number of engines. Now, they're trying a different tactic—sturdier engines. Meanwhile, Bush is having the time of his life.

The Nordskog name has become synonymous with powerboating. Son Gerald publishes *Powerboat* magazine, while Bob Nordskog continues to race (below) in his Super Vee.

Fortunately for the Secret Service, Bush does not own a Superboat. These behemoths of the powerboat racing set can reach upward of 150 miles per hour and require crews of six to operate. At such speeds, they make powerboat racing one of the more dangerous sports, but for die-hard powerboat competitors, the thrill outweighs the risks. "Racing is living and dying



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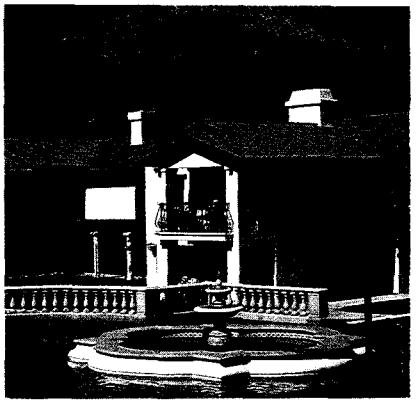

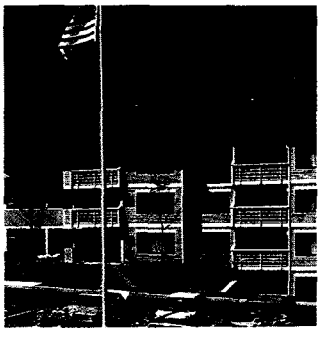

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in three-quarter time," one boat racer has said. "You can experience, in the span of one day, defeat, humiliation, joy, excitement, and ecstasy."

Few powerboat racers understand this better than Bob Nordskog, a corporate executive who has been racing powerboats since the 1940s and at age 78 is still making waves.

The Californian's penchant for speed and danger began in his teens. He flew solo in a WWI biplane at age 13. At 14, he was wing walking and parachute jumping. At 22 he modified a Model T Ford and set a land-speed record of 125 mph. The record still stands.

Nordskog's first racing boat, a 15-foot Luxor ski boat, promptly barrel-rolled and sank, but that early setback did not dampen his competitive spirit. "As a boy, I was an extreme introvert," Nordskog explains. "People intimidated me. So I was determined to excel."

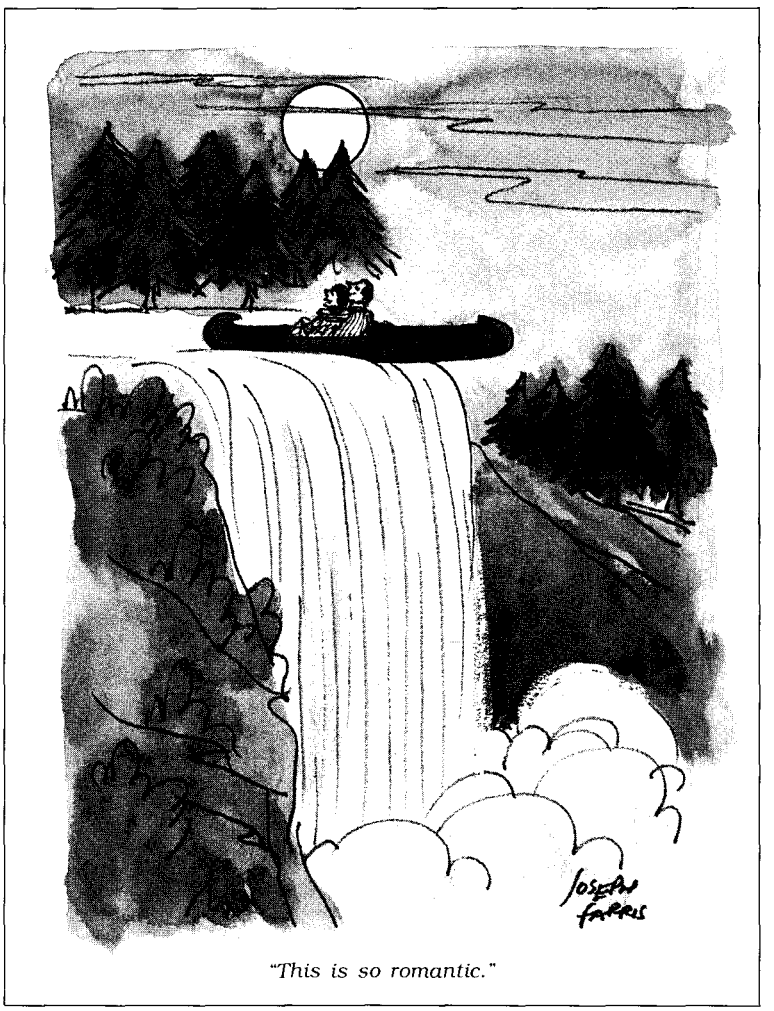
Today Nordskog's extraordinary record includes 125 wins in 12 different boating divisions; 47 victories in offshore boating alone (the last three just this year). In all he holds more offshore victories than any other driver in the history of the sport.

"If you race with Bob Nordskog you love him," says Ed Atlas, a spokesperson for the American Power Boat Offshore Racing Commission. "If you race against him, you may not like him, but you respect him.

"There are no records to substantiate this," Atlas continues, "but he's believed to be the only person who has raced as fast as he has for as long as he has in any sport. And when you go out in the ocean for maybe a hundred miles and are hammered by waves for two hours, it can be pretty brutal. At his age, it probably even gets a little tougher."

But Nordskog doesn't mind the difficulties. In fact, he thrives on them. His favorite races were four nine-hour marathons in which he drove without a relief driver from start to finish, claiming two victories. In 1974, while still in a cast from a broken arm received in a racing accident, Nordskog set a speed record for offshore powerboats in the Annual *Powerboat* Magazine World Speed Trials held at Marina del Rey, California. The next year he returned and set the still-existing record for the nautical mile in an unsupercharged V-bottom.

"I believe my thinking controls my destiny," Nordskog says. "I have crashed several times, and each time that I am in the midst of the crash, my brain is concentrating on the best way to protect and save myself from injury or added injury."



"This is so romantic."

In Nordskog's book, the race may go to the swiftest, but not necessarily to the guy with the most powerful boat. "I have always tried to be a winner," he says, "but preferably without special exotic equipment; rather, with technique and capabilities of the human mind and body."

A case in point was his race earlier this year at Corpus Christi with his friendly archrival Reggie Fountain of Fountain Powerboats. "Reggie has the biggest boat on our circuit and the fastest, most powerful one," Atlas recalls. "But it was all he could do to hold Nordskog off. Reggie's comment afterward was, 'Anytime you can beat Nordskog, you know you've done a good job, because he's the best driver in the world.' "

As a young man in the fledgling airline industry, Nordskog worked on aviator Amelia Earhart's long-distance plane and on the legendary Howard Hughes' famous around-the-world Lockheed 14. From the latter he learned the importance of determination to accomplish goals. "I spent hours preparing myself for boat-racing challenges," Nordskog says. "He taught me to never give up—never, never, never." That attitude, Nordskog says, has helped in his business life as well as in racing. The small company he started with a few simple machines in a Quonset hut in 1951, Nordskog Industries, Inc., is now a conglomerate with a dozen operating companies. Nordskog Inc. is the world's largest manufacturer of airline galleys—inflight food-service systems—and a leading manufacturer of electrical industrial vehicles.

Somewhere along the line, Nordskog also managed to marry and have two children, six grandchildren, and two great-grandchildren. His main loves, however, remain speed and water—and his chief motivation the desire to win. "All my life, when I am faced with a challenge, I have a strong desire to overcome obstacles—and life dishes out many," Nordskog says.

Of course, he admits, "There is bound to be a day when this will all be memories, but as I create them as I go along, it is the pleasure of knowing I have succeeded. That's what keeps me going out to win again."

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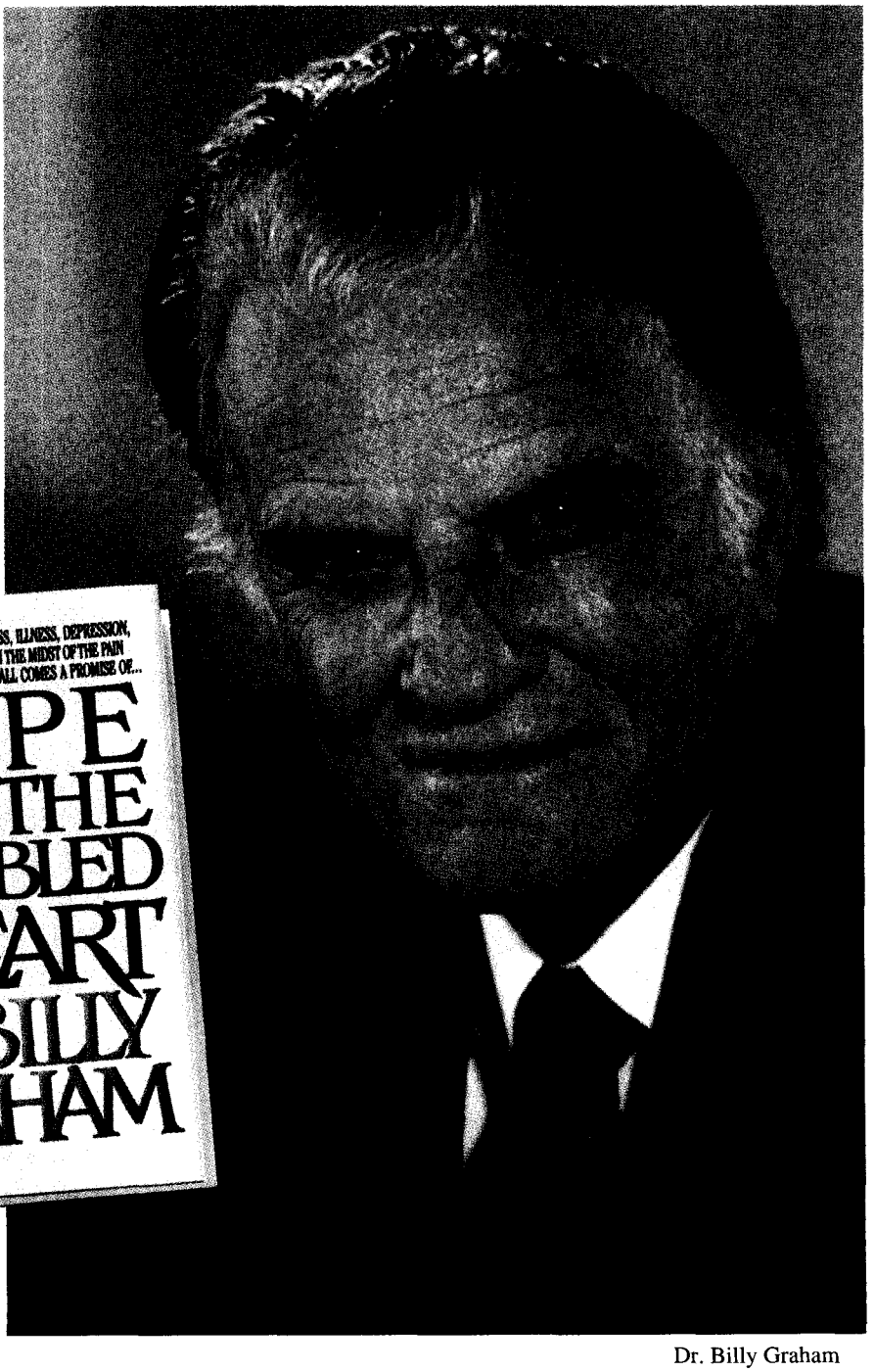
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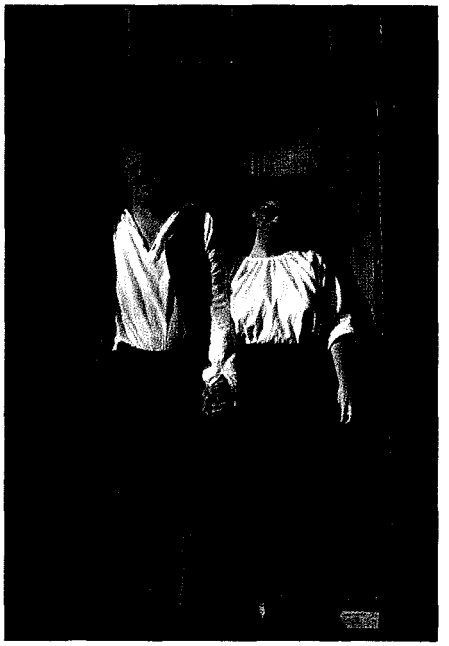
TRAVEL

RANDALL'S ORDINARY: A NOT-SO-ORDINARY INN

One can travel back in time at this hostelry and restaurant, which takes its guests centuries away from McDonald's and TV dinners.

by Carolyn Hughes Crowley

This hostelry and restaurant with the unpretentious name of Randall's Ordinary—*ordinary* is the Pilgrim-era word for *inn*—is a restored 1685 plank-frame Connecticut farmhouse with beam ceilings, lace-canopied four-poster and trundle beds, a loud parrot, footed "spider" skillets and vertical ovens, and period costumes. Surrounded by woods and oxen-dotted pastures, it is the only place in the world where people can feast daily on authentic open-hearth cuisine from the American Revolutionary War period. According to the owners, the meals served at Randall's are prepared from original recipes of Colonial times—and indeed, the inn takes its guests centuries away from McDonald's and the frozen world of TV dinners.



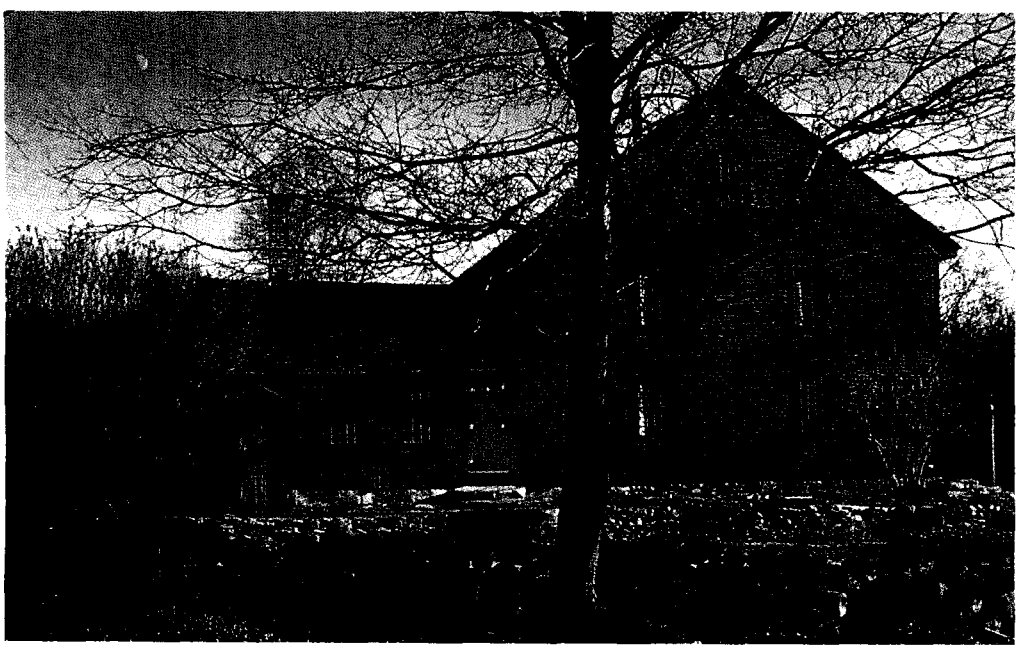
Located on 27 bucolic acres in North Stonington, Connecticut, Randall's Ordinary is the fifth antique house that innkeepers Bill and Cindy Clark have restored. Neither Clark has a restaurant or hotel-management background. Both graduates of the University of Connecticut, Cindy was a manager at an insurance company and Bill worked in sales and purchasing for a construction firm. They opened Randall's Ordinary in 1987.

"We just want to share with others the things that have given us and our friends a lot of pleasure," Cindy says. This goal includes reviving the ancient ritual of hearth cookery, which all but vanished when many homeowners bricked up their fireplaces to conserve energy.

The Clarks' interest in this subject began about 20 years ago, when they began buying antique furniture and cookware because they were less expensive than new. "We ended up spending our grocery money on antiques," Cindy, 43, quips. But the Colonial cookbooks they acquired are difficult for modern cooks to follow because they list only the ingredients, not measurements.

"We mostly had to learn to cook over the open hearth through trial and error," Bill, 46, explains. Adds Cindy: "The fireplaces really fascinated us; the idea of the fireplace being the focus of everyday family life."

Hardest to learn, they report, was the use of arcane cooking utensils, such as iron kettles, Dutch ovens, a circa-1810 vertical oven with a mechanical spit for rotating meats, whirling broilers (kind of a Colonial hibachi), cranes with "S" hooks for holding kettles over the fire, spits and skewers, and fireplace tools. "Each piece has a personality. Each kettle reacts differently to the heat," Bill explains.



Innkeepers Bill and Cindy Clark offer their guests a taste of Revolutionary War-era cuisine at their restored 1685 farmhouse in rural North Stonington, Connecticut.

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Building and maintaining fires—knowing which woods to use and how hot the fires and coals are—is always problematic. "You want to have coals there when you're ready for them, and they don't just happen," Bill says. Adds Cindy: "You coax the fire a lot with kindling, then maintain it with good-sized logs. You swear under your breath a lot!"

Barbarellen Sottile, a chef and a waitress, explains, "You know the temperament of the fire and the idiosyncrasies of the three large fireplaces. Each has its own personality, depending on the shape of the chimney and where it is on the roof. The humidity affects the draft and makes the air heavy, and therefore the fire is slow because the wood has a higher water content. Different woods have different heat intensities. Each imparts its own special seasoning."

The inn burns about four cords a month of seasoned hardwoods; most wood used is from the property. Oak, hickory, and ash create the longest-lasting embers, but, says Bill, "Apple gives the food a wonderful flavor. It's the only wood I'll go off my property to cut. The appeal of open-hearth cooking is the aroma of the wood, which gives the food its special taste. People say fireplace cooking is a lot of work, but we've found it's not so much physical as mental work. The fire must be timed right so the food will cook properly. That comes with experience. Since the food requires constant attention, it is not a good idea to have more than two or three things cooking at the same time."

The inn serves a red meat, poultry, and seafood dish every night. Nantucket scallops, spider cornbread (from a 1796 recipe, cooked in the footed skillet that prompted its name), and a wheat bread baked in a beehive oven also appear every night at the 7 o'clock seating.

First to go on the fire is the longest-roasting meat—venison, goose, or capon, which take two-and-a-half hours to cook. Later, the additional roasts go on the other two fireplaces. Next come the cornbread and soup, which each take one hour. Dessert is one of three choices.

The cooks bake in a Dutch oven, grill in a whirling broiler, roast in a reflector oven, boil in kettles, and sauté in skillets. Most utensils are iron, except the copper pots they cook fruit sauces in—the Clarks learned early on that cooking fruit sauces in iron pots will produce a chemical reaction that stains teeth black! Surprisingly, these three-course, open-hearth meals take about the same amount of time as oven cooking.

The Clarks encourage their nightly 75 guests to walk around, observe the cooking choreography, and ask questions about Randall's Ordinary and its recipes. In period costumes, the Clarks greet their guests by the seasonal blackboard menu that lists the evening's three to six entrées. Bill wears knee breeches, a long-sleeved work shirt, a vest, long stockings, and buckled shoes. Cindy dresses in a simple chemise, apron, and a floor-length skirt over a drawstring petticoat. ("You could pull the string and drop out of the petticoat so you wouldn't be burned. In Colonial times, fire was the second-leading

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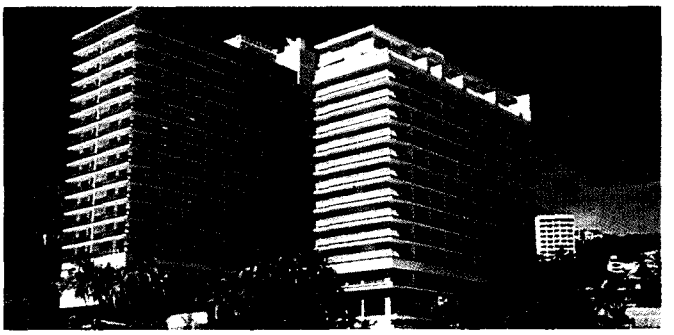

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cause of death," Cindy explains.)

The Clarks "do the rounds" every night. They socialize before the meal over cheese and crackers, popcorn, and Colonial drinks such as bang, a mixture of cider, ale, and whiskey; after the meal is served, they go from table to table encouraging guests to ask questions.

Only two of Randall's Ordinary's regulars find fault with the fare—the owners' two teenage children. Wendy is soon off to Smith College for her freshman year; and 15-year-old Christopher enjoys swapping the exquisite repasts at Randall's for mundane meals with his friends. "The kids used to put leftover grilled pheasant on Wonder Bread and take it to school to trade for peanut butter and jelly sandwiches. They get tired of eating this kind of food every night," Cindy laughs.

But for the diners who don't live there, Randall's Ordinary is a treat. Says Mary Kaufman, who visits from her Weston, Connecticut, home every Christmas: "A spiritual presence exists here, and a Colonial feel."

That "Colonial feel" is authentic—the inn was home to the Randall family for more than 200 years beginning in 1685. In the 19th century, the inn, now on the National Register of Historic Places, was a stop along the Underground Railroad. Near the fireplace in the Hearth Room is a trapdoor that leads to a 12-foot-deep root cellar. Its false floor conceals another chamber beneath, where slaves traveling the Underground Railroad hid at night. Here Bill found an old stone that slaves once used as a calendar.

No two of the inn's 12 guest rooms are alike. Three of the rooms above the dining room have a fireplace; the staff members light the fires every night. Across the wooded yard in the beamed 1819 barn, disassembled and moved from New York State, are nine rooms with telephones, TV sets, and whirlpool baths. A light and airy structure, the barn boasts cathedral ceilings and several lofts with views of woods, pastures, and walking trails.

For more information, write Randall's Ordinary, Route 2, P.O. Box 243, North Stonington, CT 06359 or call (203) 599-4540. The inn is on Route 2, one-third of a mile north of exit 92, off Interstate 95. Rates are $85 to $140 per night, double occupancy, with continental breakfast. Dinner is $30 per person.

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Say It Isn't So

continued from page 14

rest of the slurrings and contractions that had once been so deliciously upper-class.

Like much else that was no longer chic, *ain't* migrated to America. So did a lot of schoolmarms, who by then had been taught not to say it and were eager to pass the admonition. Their pupils were soon saying, "*Ain't* ain't in the dictionary."

Today, *Success With Words*, a book published in 1983 by *Reader's Digest*, says that *ain't* occurs chiefly in the speech of "country and working-class people, in both England and the United States."

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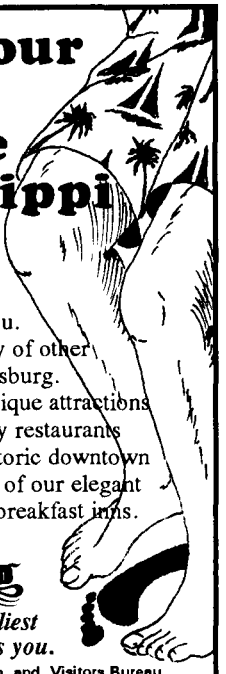

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A Present for Christmas

continued from page 45

walking along a rainy street? For all your vainglory, successful men like you are a dime a dozen. But I remember the little gentle ways of a man who had nothing."

Well, so she was gone. I know that she stayed with Marge for a while, and I kept expecting her to come back, so I did not call. Then I heard that she had gone out with a road company, but I still kept expecting her to come back someday. I didn't know her, after all. The next I heard, a year later, she was in Australia, in a touring repertory company. And then it was too late, because she had changed her name, and I could not trace her through any booking agency. So she was really gone, and she meant it.

That was why, the other night, I turned away, sick in my soul, from the gorgeous, the impersonal, professional Christmas packages on my table, and went around my hotel sitting room flipping on all the lights. The shadows were bothering me.

I went to the telephone and ordered my late supper sent up. And standing there in the glare of lights, that was when I realized that I had already decided to go and see Marge Kelly. For old times' sake, I thought, because it was near Christmastime. I knew she was back in town, because last October I had had a note from her. I hadn't paid any attention to it at the time, beyond perhaps a moment of grim amusement, because I was busy the evening I found it on my dressing table in the theater. Now, rooting around in my hotel-room writing desk, I found it again:

. . . just back and resting from successful tour of the Middle West. See you are still going great, John. Old remembrances and congratulations, From,

Yours sincerely,
MARGE.

The note gave a remote Brooklyn address, but no phone number. Maybe she hadn't wanted me to call her.

The next afternoon I set out by subway for Brooklyn. I didn't bother to shave—I could stop in a barbershop on my way to the theater later on—and from motives of tact which I guess were unnecessary and a bit overdone, I wore an old belted raincoat and a hat which had been comfortably battered on my last two summers' fishing vacations. I didn't look exactly trampish, but I was not sartorially flaunting my prosperity before Marge's cynical eyes, either.

It was a long subway trip, and the address she had given was a grimy old brick rooming house on a dismal street. Her name was on a mailbox—Apt. 3-A—and I climbed three flights of creaking stairs to knock on her door. I heard her heavy firm step, and the door opened. She had on a gray flannel wrapper with a couple of careless cigarette holes burned in it, and her extremely golden hair was twisted up on top of her head, but she was as big and beautiful as ever.

"Oh!" she said. Then she held out her hand. "Hi, John. Come in."

She had only one room, and we stood awkwardly in the middle of it, smiling uncertainly at each other. I don't think we actually said, "Well, well!" in too-hearty voices; Marge said, "This is a surprise, John," and I said, "You're looking grand, kid."

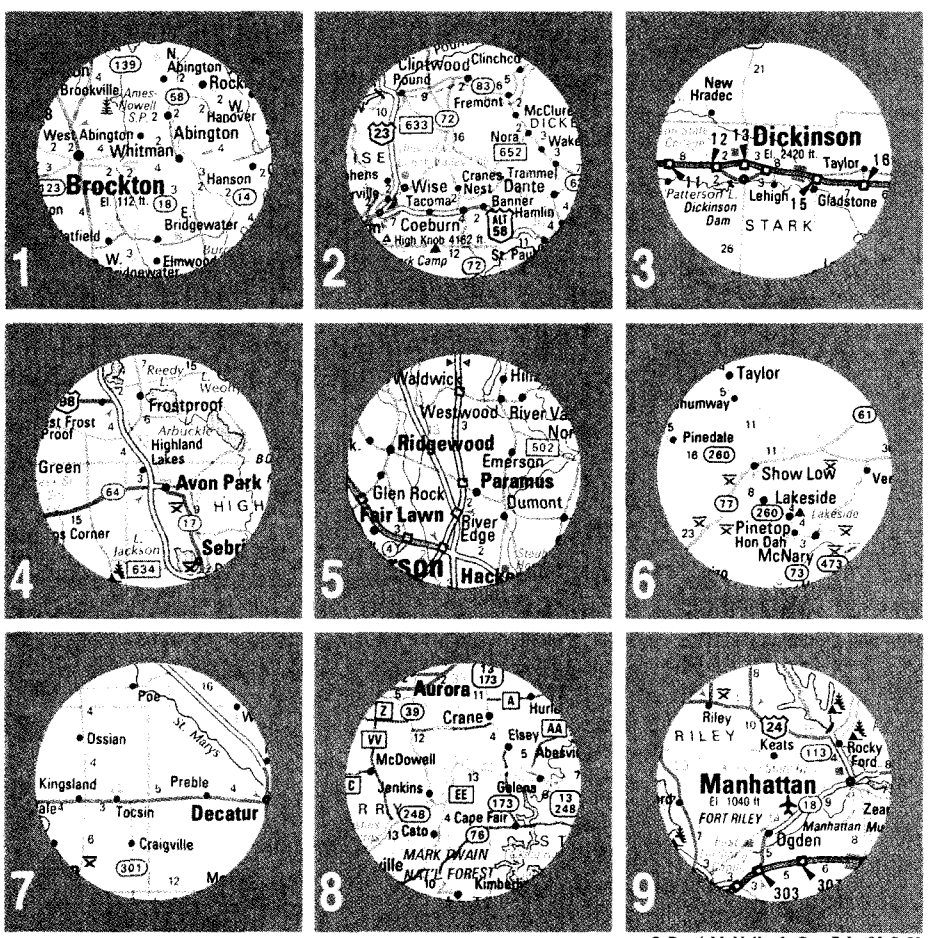
"Hell with the old theatrical amenities," Marge said abruptly. "I'll fix you a cup of tea or a gin fizz. What do you want?"

"Coffee," I said. "I'm working tonight."

"I know you are. I haven't caught your show yet, but I hear you're better than ever. You and Markley," she said. "Somebody was telling me that you're working more quietly than you used to, and that it's better."

"Thanks," I said. "But it's mostly Susan. She's swell to work against."

"Listen, brother; I said let's cut out the courtesies of the theater. You're



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you or a friend finds the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 103)

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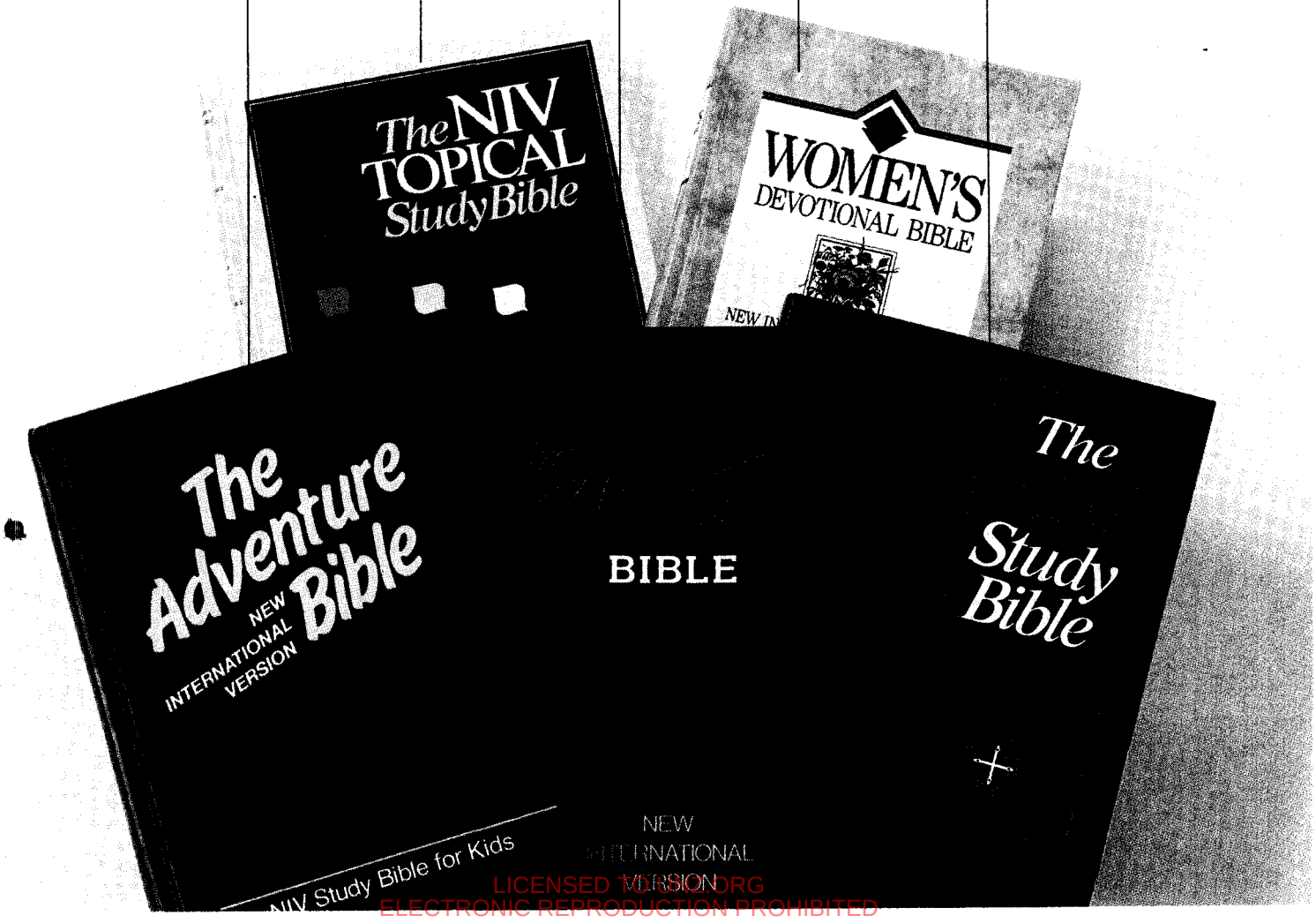

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getting better because I think it's killing you along the way."

She went over to a gas plate in a corner and fixed a percolator of water and coffee. She struck a match to the gas, blew it out with a long look at me, and then, with magnificent aplomb, retired behind a shabby folding screen which was set up in another corner of the room. I heard her sling her wrapper aside, and pretty soon I could tell she was getting into her girdle. I could hear her take a deep resolute breath as she hauled it up over her munificent and probably ivory-beautiful middle. Then there were rustlings as she took a slip and some clothes off coat hangers in that corner.

"Listen, Marge," I said. "How would you like to see our show tonight? I can't get seats for you and the boy friend, if any, because we're sold out for weeks ahead. But I'd like to have you in the wings, watching us tonight. As my guest."

"Swell," she said. "I'd like to see you work, John. Besides, it's probably the last chance I'll ever have to set my big foot on a New York stage. Even just standing in the wings, I'd like it once more. I don't fool myself anymore, John. Thanks, and it's sweet of you."

She came out from behind the screen, dressed to the teeth. She had on a hostess gown, long skirts, that the late John Drew would have had to shout—if you can imagine that—to make himself heard against. But damn my eyes, Marge is superbly and toughly good-looking.

"I know why you're here, John," she said briskly. "And I won't tell you where she is, and I won't do anything about it. She wouldn't want me to. But we'll have a cup of coffee like ladies and gents."

She went over to the gas-plate corner and started doing around with cups and saucers and the percolator. Her room was exactly as you would have thought it—magnificently untidy, with a lot of professional photographs of theatrical friends scattered around. There was one signed picture of Cathleen in a heavy imitation-silver frame. Twice my eyes had winced away from it. But now I made myself look at it steadily.

"That's the boy," Marge said. "How long since you've dared look at your pictures of her? I bet you have them hidden away out of sight."

She brought our cups and saucers and we sat balancing them. She was absolutely regal. The coffee was good and strong. She did not sip; she took a hearty swallow.

"So you've got success, John. That's the big thing," she said abruptly. "But you've lost the little things. You've got what the rest of us would sell our souls to get, and you've sold yours. You've lost remembrance of the good little human things that make life worth living for the rest of us."

I didn't say anything. This time it was my turn not to argue with her. Besides, I could see that I was in for the sort of scolding which your wife's best friend is privileged to give.

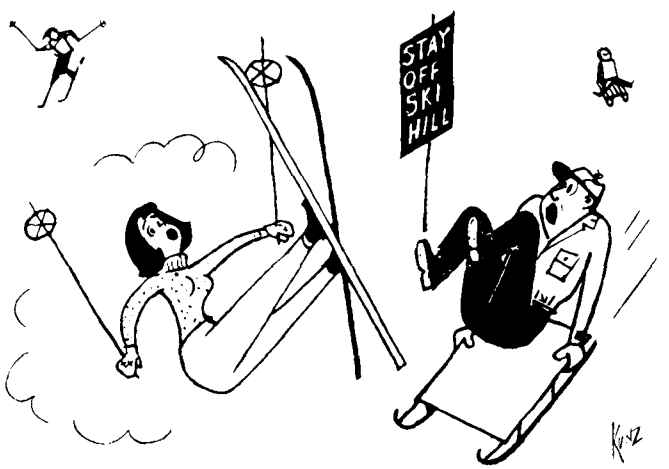
"A big name in lights, and getting better," she said. "But how long has it been since anybody has done anything for you except for your name? How long since anybody has done anything for you just because you were another human being, like the rest of us?"

When a thoroughly nice woman is talking to you like that, all you can do is bow your head before the storm. And anyway, I guess I didn't have very much to say. It went on for quite a while, but we ended brightly and cheerfully, as friends. As I picked up my hat and started to leave, she tucked her arm in mine and walked with me out into the hall.

"Well, see you backstage tonight, and thanks again," she said, while I went clattering down the stairs. "Don't forget to leave word at the stage door to let me in."

"I won't forget," I said.

On the next floor down—the second floor of that old house—the door of another apartment stood open and a little girl maybe nine or ten years old was busily sweeping. The broom was as tall as she was. When she looked up and smiled at me, a passing stranger, all the pale radiance of poor city childhood was there—the wistful, anxious light that the city



You Be the Judge

by José Schorr

Angelica took off timorously down the novice ski run at the big state park. Suddenly a large sled darted off-course from the nearby sledding hill and struck wavering Angelica. On recovering from her spill and injuries, she sued the state for damages.

"The state should be held responsible for maintaining such a dangerous combination of courses," she asserted. "While it had posted signs warning sledders to keep off the ski run, that wasn't enough. It should have built a fence."

"The hill," state attorneys replied, "belongs to all the people. Sledders are as much entitled to it as skiers. We did our duty when we warned them to keep out of one another's way. After that, it was up to them to watch out for themselves."

If you were the judge, would you make the state pay Angelica?

The state paid. The court said, "It is common knowledge that coursing sleds are not easily controlled, while novice skiers are notoriously unable to direct their own movements." Letting them intermingle as the state did, the court added, can result only in disaster.

Based upon a 1941 New York decision.

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takes away before its children's faces are grown up.

"Hello," she said.

I stopped, and smiled too. "Hello," I said.

She had a woman's apron, tied underneath her chin. Behind her, in the cluttered half-darkness of that room, stood a Christmas tree. Some tinsel gleamed sparsely and dully on it, and a few dim packages lay on the floor under its branches.

"I see you're going to have quite a Christmas," I said.

"Oh, yes!" she said, and turned to look at the tree. For her it was so beautiful, it was the fullness of all promised magic.

From under the brim of my battered hat I watched her, and after a moment she sighed happily, gazing at the tree, and then turned back to me. Shabby as I was, and unshaven, I must have looked like all the other people she knew, or even poorer.

"My name's Gretchen," she said sociably. "I get home from school earlier than my father or my mother from their jobs, so I was just tidying up the house. What's your name?"

"John," I said.

Hauling the broom along, she came to the door and we shook hands.

"And are you planning a nice Christmas too?" she asked in her best neighborly voice.

"Well, I guess I hadn't thought much about it," I said.

"You mean you haven't got any children?" she asked.

I shook my head.

"And nobody?" she said.

I didn't say anything, but I smiled again. And quietly this child gazed at my face.

"Wait," she said.

She went back into the room. To the poor thin Christmas tree. Bending over, she anxiously studied the packages, and then picked one up. Coming back to the door, she silently held it out to me.

"Oh, no!" I said. "I——"

Gently, she pushed the gift into my hand. A small sort of flatly limp package awkwardly wrapped in cheap holly paper and painfully tied up with dime-store tinsel string.

"It isn't much," she said. "It's just a little old something I made for my father. But it's a little thing that you can unwrap on Christmas morning, and we've got lots. We've got so much."

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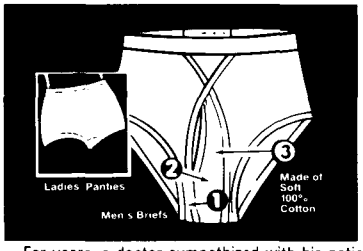

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With the eyes of a child looking at me and seeing me clearly, clearly—with quiet pity—I think in that moment I learned one of the great lessons of my life. That sometimes it can be more blessed to receive. Sure, wildly I was tempted to send to that little girl and her tired mother and father such a great lavish Christmas as they had never dreamed of. Sure, I could go shopping in the big stores; I could have a dozen trucks stop at that door. But if I did, I would take away something that the child had for herself, for she had given to the poor and the lonely.

So, with her little limp package in my hand, I only took off my hat and said, "Thank you, Gretchen."

"Merry Christmas," she said. "And don't be sad anymore. Please."

When I looked up, Marge Kelly was still at the top of the stairs, where I had left her. So she had seen all this. I waved my hand to both of them and beat it out of there. I couldn't stand any more.

That evening Marge showed up timidly at the theater only ten minutes before curtain time. Susan and I, ready to go on, were waiting in her dressing room when I heard the wandering and uncertain clicking of high heels in the corridor. I got up and went to the door.

"Hi, Marge," I said. "Here I am. Come in and meet Susan."

I had expected the old girl to be terrifically dressed for the occasion, but she wasn't. She was wearing ordinary street clothes, rather subdued. I think she was shy and didn't want to be conspicuous, coming as a visitor among this company in this theater. Susan, vivid as a flame, was sweet to her as only Susan knows how to be sweet, but as we all went up to the stage, Marge suddenly seemed too big, and almost stumbling.

Hurriedly we introduced her around to some of the rest of the company as they came drifting up. Everybody tried to make her feel at home there; and halfway through the first act, when I came offstage, I saw that she was much more at ease with two or three of the minor members of the cast—much more like her breezy self with them. I patted her shoulder as I went by, and she smiled brightly at me. Too brightly.

And later on in the evening an odd thing happened. On the stage, Susan and I were working hard and smoothly toward our second-act curtain, the best scene in the play. The audience was laughing out front, because, as I said, it is a bitter and brittle New York comedy. But standing in the wings alone, watching Susan work, Marge—Marge was crying. For all she could never be, and didn't hope for anymore.

Susan, lovely and perceptive, knew it, too; and was kinder than I knew how to be. She was Marge's hostess from then on, and I didn't see much more of either of them offstage. When the show was over, at the end of the third act, we took our curtain calls; Susan and I taking the last two or three together, reaching for each other's hands and then dropping them, laughing.

Marge was waiting in the wings, her eyes enormous, and as the two girls went downstairs, Marge almost reverently stumbled again when Susan slipped a friendly arm around her waist. By the time I came walking slowly along the corridor, Susan's dressing-room door was closed and I could hear the two of them talking away and laughing. I was grateful to Susan for taking over, because I wanted to be alone. Susan's husband would be coming for her, and they would all go up to the apartment on Central Park for supper. That was swell for me. I couldn't bear to talk anymore, just now, to anyone.

In my dressing room, I stood looking at some more grand professional presents which had arrived that day at the theater. I had stacked them in a corner on the floor. Wearily, I started getting out of the sports clothes in which I play the last act. And then, in only the slacks and my undershirt, I found myself standing very still, staring at my old raincoat where I had hung it up behind the door. I walked toward it, and from one of the pockets pulled out the limp little package that had been given me that afternoon in Brooklyn. I held it in my hand for a moment, the cheap slick holly paper, the carefully knotted tinsel string. I laid it down on my dressing table all by itself, under the square of light bulbs framing the mirror.

There it was, the ill-wrapped little package that a child had given me, a stranger, because she thought I was lonely and had nothing. I was very tired, and I sat down and put my head on my folded arms on the dressing table just to rest. Against one elbow I could feel that package; on my bare shoulders I could feel the heat of the light globes. I heard people leaving the other dressing rooms; voices and laughter and departing feet along the corridor. Pretty soon it was very silent in the theater.

I don't know how long

continued on page 103

The Perfect Squelch

Just about a hundred and fifty years ago, when Franz Liszt was called the Prince of Pianists, he gave a recital for the Czar of Russia. During the performance the Czar annoyed Liszt and the audience by talking constantly. For a time, Liszt ignored this irritating, impolite disturbance because of its source. But finally he lowered his hands from the keyboard and turned.

The audience waited in startled silence until the Czar demanded, "Why has the music stopped?"

"Sire," Liszt said gently, "when your Imperial Majesty speaks, the whole world is silent."

—Margaret Chanler Aldrich

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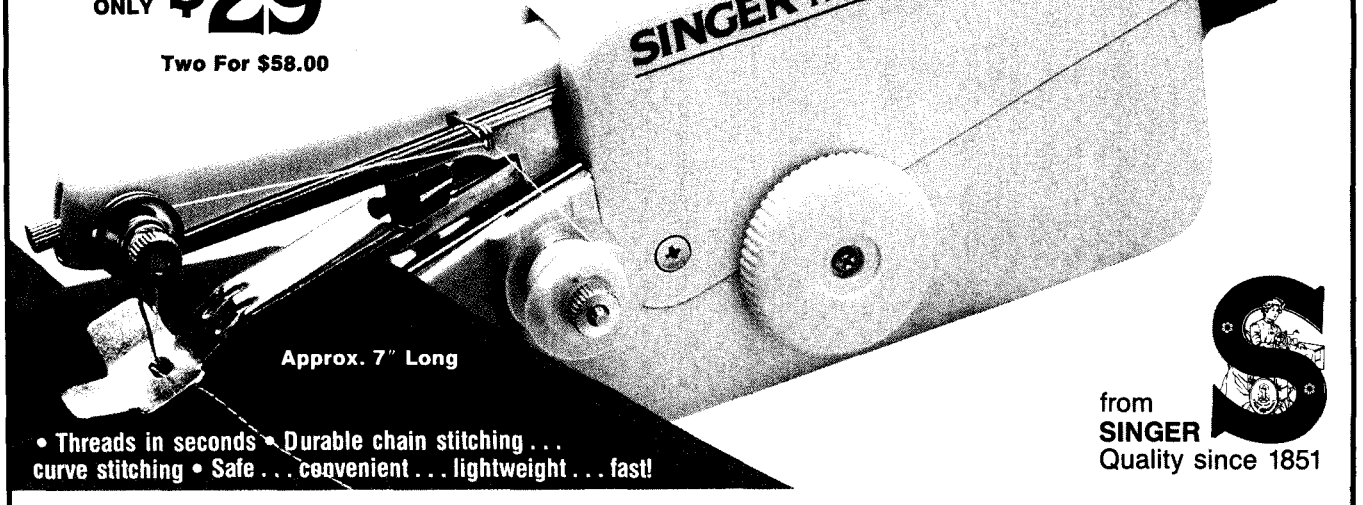

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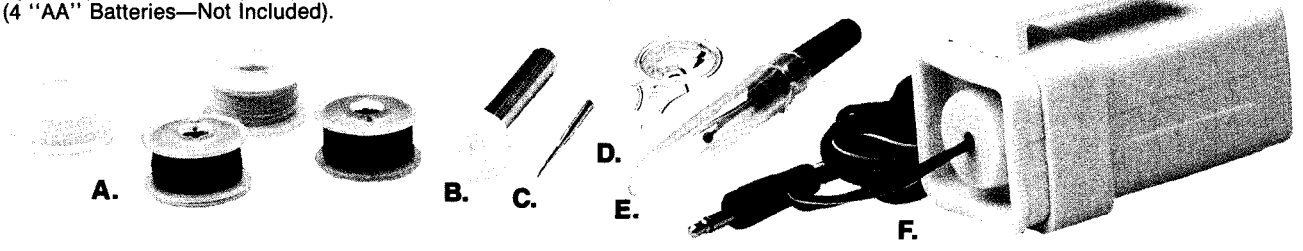

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THE SATURDAY EVENING POST

HEALTH COOKBOOK FOR FAMILY AND FRIENDS

Health Recipes For All Seasons

Cory SerVaas, M.D.
Charlotte Turgeon

New taste-tempting, low-fat, and low-cholesterol recipes.
Healthful menus for spring, summer, fall, and winter, for just the family or for entertaining friends.

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New Health Cookbook Answers the Question: What Healthful Foods Dare We Serve Our Guests?

Does the duty of coming up with healthful dishes in good taste—especially on festive and guest-ive occasions—make you as nervous as a fly in a swatter factory? Do you stew about cholesterol, calories, preservatives, and all the other no-nos our current era is heir to?

Well, stew no more. Help is as close as the card or coupon on this page that will put the *Health Cookbook for Family and Friends* at your fingertips. And though there are many good things to be said for this charmingly illustrated 112-page volume stuffed with taste-tempting, low-cholesterol, low-fat health recipes, not the least of these good things is that the book can be yours FREE. (But we'll get to that.)

In this book, saturated fats are replaced with polyunsaturated or monounsaturated fats; olive oil becomes a favorite; egg whites or egg substitutes replace whole eggs; herbs and spices are substituted for sodium chloride; and so on. In short, these recipes are up-to-date with the latest scientific findings for good health. And your guests should know that the meal has been prepared with their health in mind. As the coauthor, Dr. SerVaas writes, "I trust that this book will help you plan many happy occasions when family members and friends can share good food and good fellowship around your table without endangering their health. ***Bon appétit.***"

One's *appétit* can be nothing less than *bon* with such dishes on the menu as Sole in Walnut Sauce, Oat-Bran Banana Muffins, Charcoal Chicken, Chicken-Stuffed Pasta Shells, Stuffed Fillet of Sole—but you may be stuffed already—and many, many more.

All it takes to have this book delivered to your door is a new subscription or a subscription renewal to *The Saturday Evening Post* for one, two, or three years (three years being the best bargain).

In a survey on the accuracy of nutrition reporting in the major popular magazines, the American Council on Science and Health gave only two magazines the rating of "Excellent": *Consumer Reports* and *The Saturday Evening Post*.

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MEDICAL MAILBOX

by Cory SerVaas M.D.

"Great eaters and great sleepers are incapable of anything else that is great."—*Henry IV of France*

The Great Motivator

Arnold Schwarzenegger may be called the great terminator by some, but at the President's Council on Physical Fitness and Sport we call him the great motivator. At our recent meeting, he launched a plan to mail exercise prescription blanks to physicians for them to fill out for their patients.

Council members might have spent the day debating exactly *what* information would go on the exercise prescription blanks, but not with this heavyweight chairing the meeting. He soon sought a compromise in the interest of getting the forms printed and mailed without delay.

Arnold Schwarzenegger is on the road again, visiting governors in all 50 states in his campaign to put physical education back into school curricula.

The final prescription forms will be longer than the truncated and adapted version we've printed below. The following additional information will be printed on the back of the prescription:

"Exercise is effective for the prevention and treatment of a wide variety of medical conditions. Among these are:

Hypertension	Depression
Vascular Disease	Stroke
High Cholesterol	Obesity
Osteoporosis	Back Pain
Heart Disease	Diabetes
Pulmonary Disease."	

The latest victory for the fitness crowd is a recent study showing that exercise can also help prevent colon cancer—a big killer. If this is true, then all the more reason why doctors should prescribe exercise for all their patients.

Next, our chairman attacked the problem of getting a universal children's physical-fitness test for all schools to use. A problem is, various tests advocated by several fitness groups differ in small details that don't seem small to those distributing the tests. Teachers are confused and don't know which are best.

Some authorities nearly stymied the project because they didn't want us to require students to pass the caliper skinfold test to determine the appropriate percentage of the child's fat-to-muscle ratio.

But Arnold will win again, because member Dr. Don Cooper of Oklahoma State University came up with this compromise: Include the skinfold test, but give six tests to the kids trying for the coveted President's Challenge, and require the child to pass only five to win the award. "This way," says Dr. Cooper, "the fat but fit child could still win the award."

Rx

Your doctor, M.D.
His / Her address
Your town, U.S.A.

DATE: _____

Exercise Prescription

NAME: _____

Cardiovascular / Aerobic

❑ Walking	❑ Bike	❑ Stair climber
❑ Race walking	❑ Swim	❑ Rowing machine
❑ Jog/Run	❑ Racquetball	❑ Golf (no cart)
❑ Water aerobics	❑ Tennis (singles)	❑ Weight training
❑ Aerobic dance	❑ Tennis (doubles)	❑ Rollerblading
❑ Jump rope	❑ Downhill ski	❑ Softball
❑ Ice skating	❑ Cross-country ski	❑ Basketball
❑ Roller skating	❑ Squash	❑ Volleyball

❑ Other _____

Daily exercise duration: ❑ 1/2 hour ❑ 1 hour ❑ Other _____

_____ **M.D.**

Please clip this form and ask your doctor to prescribe exercises that are appropriate for you.

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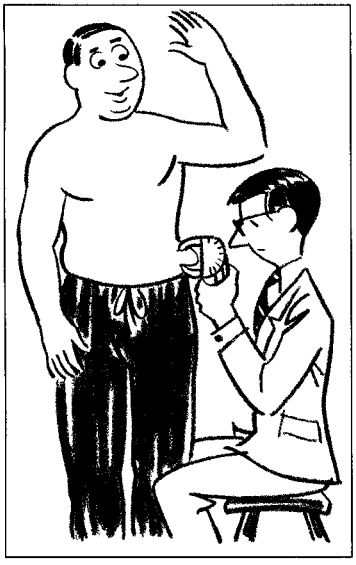
Know Your Body Fat Percentage*

While the caliper skinfold test may be controversial for predicting a child's fitness, it isn't for adults. It's how much of the body is lean body mass (muscle, bone, and organs) and how much is fat that is really important. As muscle weighs more than fat, a weight measurement obtained from a scale can be misleading. For example, a woman whose height is 5'7" and whose weight is 140 could either be an Olympic gymnast with a percentage body fat of 16, or a sedentary secretary with a percentage body fat of 26 percent. The ideal body fat percentage for men is 12 to 15 percent, and for women it's 18 to 22 percent.



Ask your doctor or fitness trainer to put on the calipers to approximate how much of your body weight is fat.

When starting on a reducing diet, it is important for people to know what the ideal body *composition* and weight is for your height and sex. The two most common methods of determining the percentage of body fat are the skinfold measurement and hydrostatic weighing (weighing underwater).

Because fat is less dense than bone and muscle, it displaces more water in proportion to its weight. Using this, it is possible to compare the participant's weight with water-volume displacement to determine the total percentage of body fat.

Skinfold measurement involves the use of calipers to measure the thickness of fat below the skin surface at specific body sites. The measurements are plugged into an equation, and percent of body fat is computed. Although the skinfold-calipers method is not quite as accurate as hydrostatic weighing, it is more convenient than the underwater test and can be done at home.

A body will start to accumulate fat when a person consumes excess calories and/or isn't exercising enough. Excess fat is linked to high blood pressure, diabetes, heart disease, cancer, and more.

*On the other hand, becoming too lean should also be avoided, as the body will start to break down muscle tissue for energy if there is not a sufficient amount of fat. Low body fat can lead to other health problems, including hormonal imbalances, dry hair, brittle nails, increased risk of osteoporosis, and greater discomfort in cold weather.**

Dieting without exercise is the wrong way to go about losing weight. This type of weight loss actually acts to decrease lean body mass. That is why it is so important to build lean muscle tissue while burning fat stores. Dieting and exercising simultaneously is the winning combination for reducing body fat.

*Based on research done by The National Institute for Fitness and Sport and The American College of Sports Medicine, both located in Indianapolis, Indiana.

Dr. Antonia Novello has many admirers, including Arnold Schwarzenegger, whom she joined for an Austrian Ambassador's party for the President's Council for Physical Fitness and Sport. She is as much a comedian as he is, but they are both dead serious about health.

Praise for Novello

Dear Dr. SerVaas:

Thank you for the interesting and informative story on Dr. Antonia Novello, our new Surgeon General, in *The Saturday Evening Post*. I had heard her name on the news, but I didn't know anything about her background or private life until I read the story.

The story of her debilitating childhood illness and the problems she had to overcome make her seem more human and down-to-earth than most people of her caliber.

The campaigns she has launched concerning special problems of our youth are very important to me. She believes that alcohol is the number-one drug problem among our youth, and I agree. She is also willing to take

"Whatever's going around can always find a home in George."

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a stand on such issues as date rape, vandalism, and smoking.

All Americans should be grateful to have this qualified lady working on our behalf as Surgeon General. She needs our prayers and support in order to be successful in the war against disease and social decay.

Judy Taylor
Tulsa, Oklahoma

An Apple a Day . . .

Dear Dr. SerVaas:

Is pectin in apples a soluble or insoluble fiber, or both? Is much of the fiber destroyed when the apple is pressed into cider? If so, how much is destroyed or not available? Is this true if all of the apple is converted into juice?

Andrew Willis
Cleveland, Ohio

The pectin in apples is soluble fiber. The average apple contains about 1.48 grams of pectin. The amount of pectin found in cider depends on the milling of the apples into juice. If all the apple is put into the cider, then all of the fiber remains. This, however, is not usually the case. Twelve to 25 percent of the fiber can be lost inside the milling and bottling machinery.

The insoluble fiber in an apple is cellulose, which is mainly found in the skin and core of the apple. The amount of insoluble fiber in cider depends on whether the pulp is filtered out at the end.

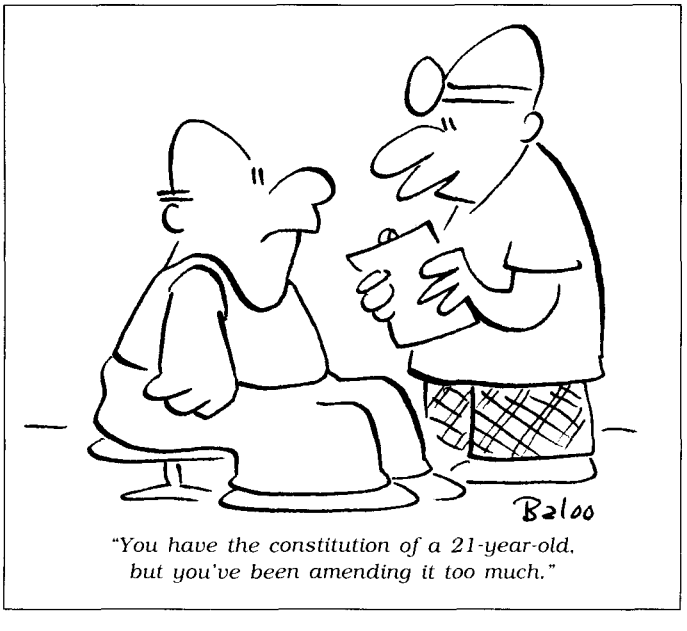
The clearer the juice, the less fiber it contains. Cloudy cider is better.

Not in Our Town!

Every state in the nation has a law forbidding the sale of tobacco to minors, and in every state the laws are ignored. Raise a ruckus in your state to prevent the ordinances from being violated by irresponsible tobacco retailers.

Failing that, elect officers in your city government who will pass local ordinances to revoke tobacco licenses for those who sell to kids.

A license to sell these dangerous addictive products is a public trust. It shouldn't be granted to untrustworthy companies that abuse that trust and privilege.



"You have the constitution of a 21-year-old, but you've been amending it too much."

Dr. Antonia Novello told us, "I love this man for what he is doing." The man is Bruce Talbot (left). What he is doing, you could do too. He's protecting kids from tobacco addiction. The two youngsters on the right in the back row are 13 years old. With the aid of friendly officer/ticket writers and their seventh-grade friends, they went out to test a city ordinance that licenses tobacco retailers. The children were sold cigarettes illegally at the first three stops: an Amoco station, a Preston Safeway supermarket, and a mom-and-pop grocery.

Over a billion packs of cigarettes are sold to minors every year in the U.S., according to Officer Bruce Talbot.

Public Awareness of Prostate Cancer a Necessity

Dear Dr. SerVaas:

My 15 minutes of fame occurred while I was on the road, and I knew nothing about it. I still have not seen the July/August issue.

When I arrived home on the 14th, my phone was constantly ringing. People had seen my letter to the editor in the *SatEvePost* and just wanted to talk about prostate cancer.

I don't know when your magazine hits the street but if it was very much prior to the 14th, I probably missed a great number of calls, based on the number received after that date.

Just wanted you to know about the response. Would like to see you people do an in-depth article about prostate cancer. A lot of men are going to be found to have prostate cancer and if it isn't detected in time, they are going to die from it.

Jack Albritton
Petersburg, Illinois

Dear Dr. SerVaas:

I was diagnosed with breast cancer five years ago and due to early detection and treatment, I am cancer free.

My husband was diagnosed with prostate cancer three years ago and because it was not detected in time, he is now on the final downward spiral and without hope.

One can't open a magazine or turn on the TV without hearing something about breast cancer.

Prostate cancer is just the opposite. When one learns he is so afflicted, he must dig and dig just to gain a little knowledge about the subject.

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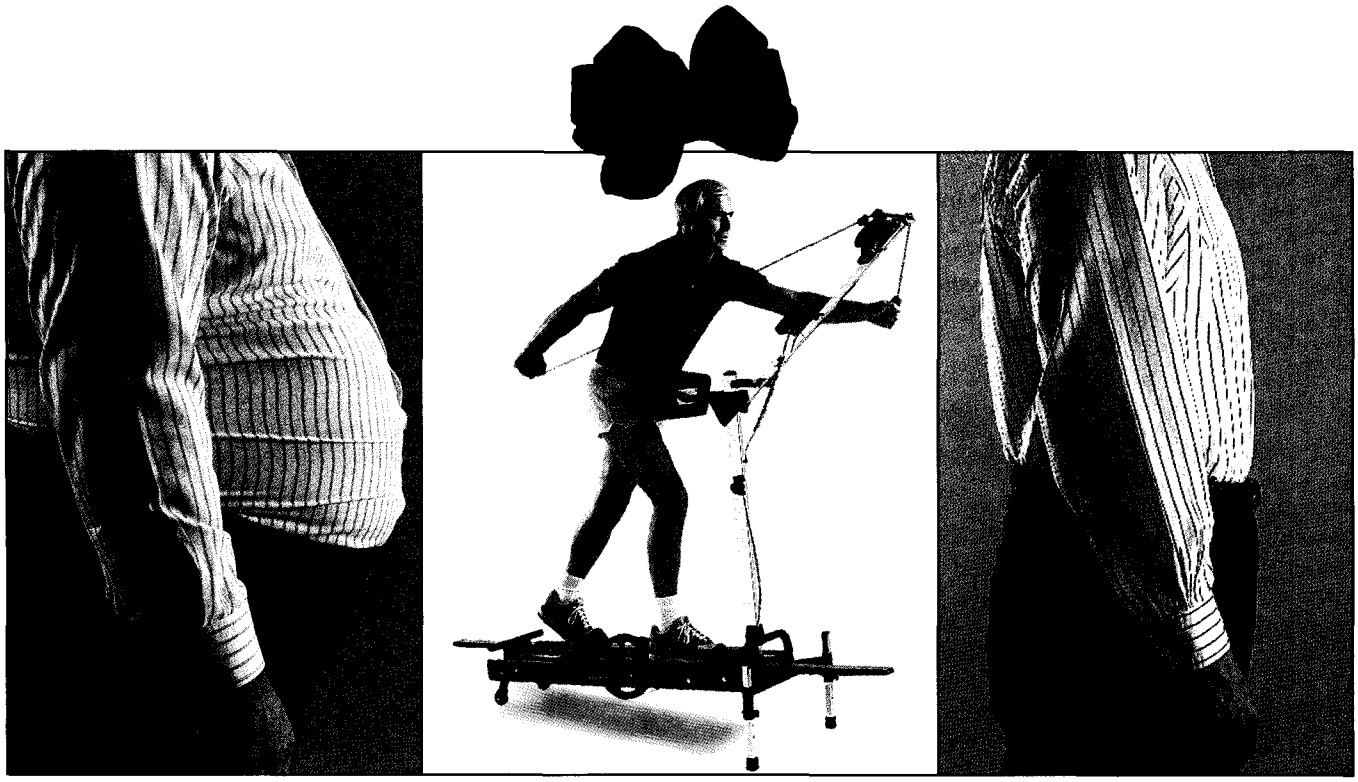
Christmas Past

Christmas Present

Christmas Future



This holiday season, give the gift of health.

This holiday season, help him take weight off and keep it off. The key isn't dieting — it's regular aerobic exercise. And the best way to get that exercise is a NordicTrack® cross-country ski exerciser.

NordicTrack burns more calories.

While exercise bikes, treadmills and stairclimbers only work the legs, NordicTrack works the upper and lower body. That's why it provides a superior cardiovascular workout and burns more calories — up to 1,100 per hour according to fitness experts. It trims the waistline and tones every muscle group in as little as 20 minutes, three times a week.

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Research shows that after 5 years, 7 in 10 owners are still using their NordicTrack machines three times a week. That's not surprising. NordicTrack is easy, safe, enjoyable ... and it delivers results.

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Thank you, Jack Albritton!

We need more people like Mr. Albritton, and preferably people with some clout or claim to fame, to shout out that prostate cancer is no less a killer than breast cancer and that it requires early detection to cure, as well.

Those who are prostate cancer victims also need a clearinghouse to which they can go to learn the status of new drugs and procedures that are out on the horizon. Even if unrealistic, they need a basis for hope. Someone should publish a little newsletter to which they can subscribe.

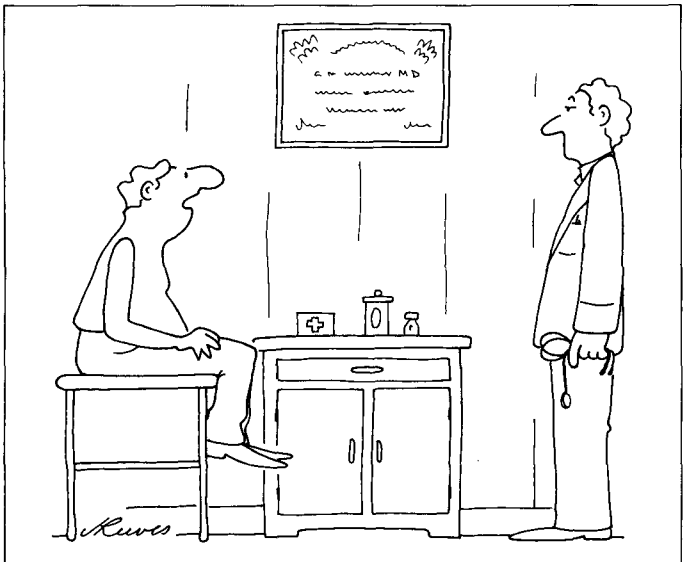
Mrs. C. Spring
Springfield, Illinois

What a good idea it would be to publish a newsletter for prostate cancer victims. There is so much to learn about this cancer. Please read the article on page 50 entitled "David, Why Did You Wait?" For starters, you could refer the article to all your male relatives who could benefit by asking for a PSA test if they aren't getting one now with their digital rectal exams. There are many stages of prostate cancer that have been well documented. A newsletter would be beneficial. If other readers are interested in having such a newsletter, perhaps to begin quarterly, please write to us and Mrs. Spring. Thank you for your input.

Dear Dr. SerVaas:

I read the article in Medical Mailbox (July/Aug. 1991) concerning prostate cancer. Let me tell you my story!

Within the last 14 months I visited four different urologists concerning an aching I had in my penis. Each one was faithful in giving me a rectal exam and looking at my urine. But none went so far as to suspect cancer or give me a prostate-specific antigen (PSA) test.



"Consider this. If I go on this diet and exercise program I might get so healthy you could lose me as a regular customer."

Then in May of this year I had my cholesterol and triglycerides checked and also had a PSA test run on my blood. The result was that it had a reading of 11 (normal is 0-4). My family doctor thought he found a "ridge" on my prostate and with the high antigen count, he sent me back to the urologist. A series of tests were performed, as well as a biopsy on my prostate, which revealed some areas to be malignant.

To make a long story short, I had radical surgery, which showed in the pathology report that none had spread to the nearby lymph nodes and appeared to be confined to the prostate. (None were in the bone scan.)

So even though I was faithful in pursuing my problem, not one of the urologists, who are supposed to be trained to look for such things, detected the cancer.

So what if I had been content to believe the urologists and had continued to wait, what would have been the results? No wonder there are 32,000 men who die of prostate cancer each year!

I've always heard that doctors bury their mistakes, and I'm inclined to believe this!

W. B. Nabours
Dallas, Texas

Restless Legs

Dear Dr. SerVaas:

I see you at times on TV and read your medical articles each month in *The Saturday Evening Post*.

I am thankful to say that my health is good even at my age of 77 years. I enjoy life, and I stay active.

"My thorn in the flesh" is nervous leg syndrome, especially at night when I retire. This keeps me restless and awake at 2 or 3 a.m., until I can finally relax.

One doctor told me to try tonic water, but it doesn't help every time. I sometimes have to take half to a whole 0.25 mg Xanax tablet before I can relax, but I try to avoid taking it. It does help me.

I would greatly appreciate your recommending something, a vitamin or whatever you think might be of help. It seems to me that I can't be still and have to get up for a while before going back to bed.

I prefer vitamins or home remedies to prescription drugs, and I think you do too. The only medication I take is Lopressor, one a day.

Harriet T. Lewis
Lawrenceville, Georgia

Dear Dr. SerVaas:

I would like to respond to the letters in the Medical Mailbox concerning problems with "restless legs." I have suffered almost five years now with severe "restless limbs." I have had several diagnoses, all kinds of pills, but found relief quite by accident.

My allergist gave me the antihistamine Seldane for my hives and after just one 60 mg tablet, I slept the night through, after months of absolutely no sleep due to this restless feeling (almost pain) in my legs and arms. My legs and arms would twitch and jerk if I were lucky enough to doze, but mostly I spent the nights wandering about the house because this condition absolutely requires you to move or go insane.

I am not exaggerating my condition in the least (only a fellow sufferer really knows the agony), nor am I exaggerating the effect of Seldane. I have found that women with PMS often have this syndrome, and I know

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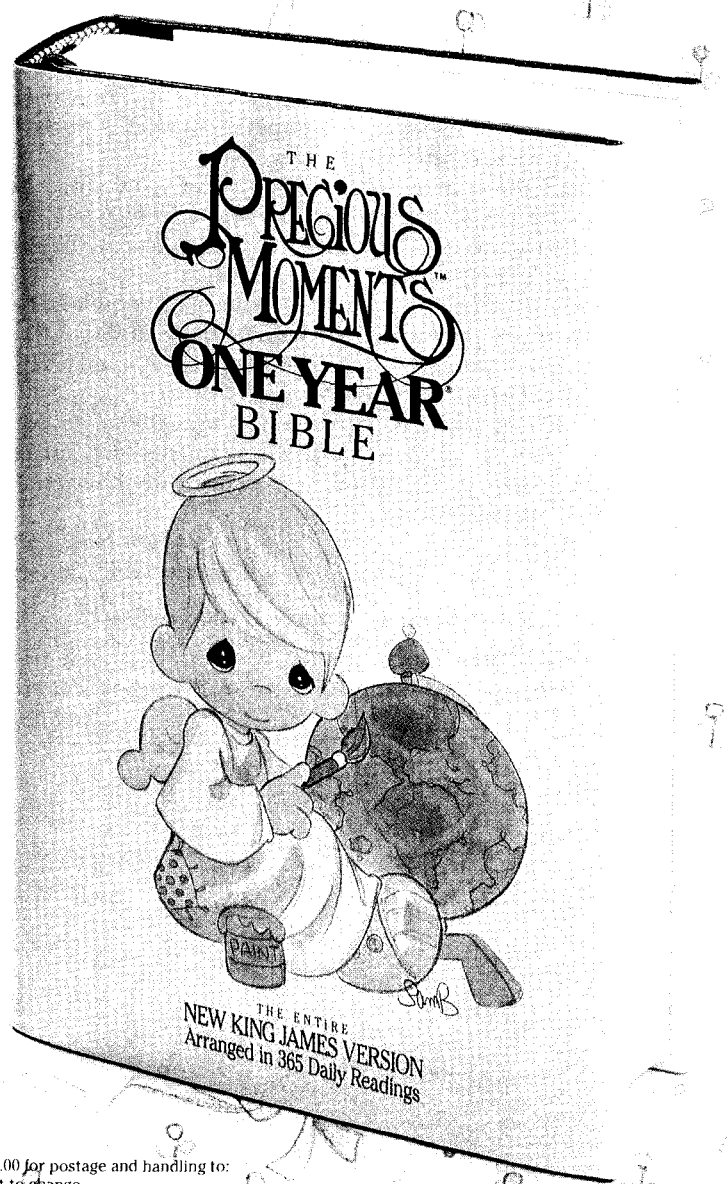

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of at least one who has also used Seldane and found profound relief. Why does it work? My allergist is as puzzled as I am. Other antihistamines work (more or less), but none as well as Seldane or with as few side effects. I've really experienced none and often I've taken more than twice the recommended dose (with the allergist's approval) for over three years now.

Sufferers of "restless leg syndrome" really should try Seldane. It's so safe that it will soon become a non-prescription drug; it doesn't cross blood-brain barrier and has never made me the least bit drowsy.

Dorothy Rhodes
Leesburg, Georgia

Thanks for sharing your "restless legs" remedy with your fellow sufferers. Some readers have also reported relief from restless leg syndrome with slow-release magnesium chloride (SlowMag) taken before bedtime.

Nothing New Under the Sun

Dear Dr. SerVaas:

This article was of great interest to me because in 1980 my son, then a coach, started me on a series of exercises we dubbed "Aquacises."

I had a painful accident injury and after the third surgery on my knees and leg he pushed my wheelchair out to the pool and lifted me into the warm, healing, heavenly, weightlessness of the water.

It took time but I gradually made it to crutches, then to a leg brace and cane. Every day I'm in the pool doing exercises he taught me. In the winter I head for an indoor pool at a health club.

I credit my caring dear son for my ability to walk. By the way, I made such great progress my surgeon started other patients on my program. The results reported were great!

Mrs. Howard Bailey-Boles
Greenfield, California

Magnesium to Relieve Hypertension

Dear Dr. SerVaas:

In about 1980, on advice of a Tampa, Florida, cardiologist, I commenced using an Rx drug to manage a moderate degree of hypertension—about 165:110, as I recall. I started a dosage of 1 mg per day.

By the spring of 1990, I was using 4 mg of the prescription drug per day to maintain my blood pressure under 140:90. At that time, I commenced magnesium chloride after reading in the *SatEvePost* of its use by some cardiologists in the management of heart disease.

Shortly thereafter I found I was able to discontinue the Rx drug entirely with the blessing of my family doctor, and maintain my blood pressure under 140:90, by taking three of the 64 mg magnesium chloride tablets every day.

Prior to the magnesium chloride trial, I had tried a magnesium oxide supplement without noticeable result.

I am a white male, 70 years of age. My parents both died of cardiovascular disease when they were in their 80s.

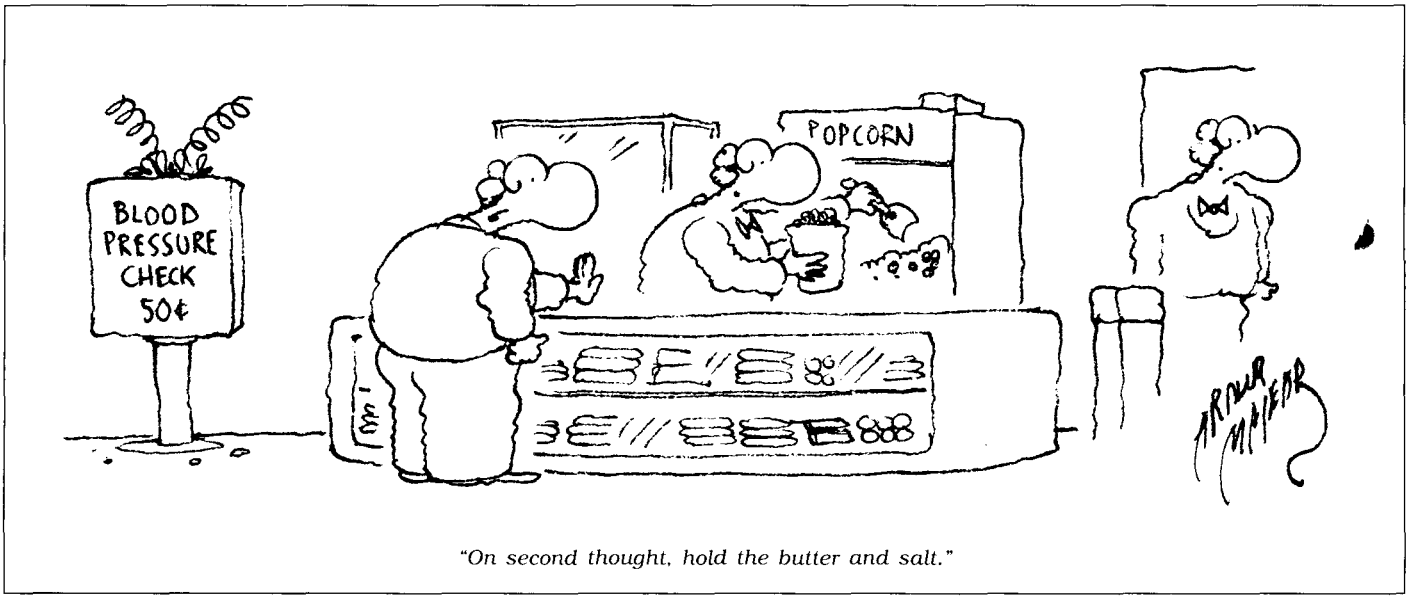
The magnesium chloride supplement appears to work for me so far as relieving hypertension is concerned. I hope this information may be useful to others.

Roy Gallemore
Bartow, Florida

Congratulations on being able to control your hypertension without the use of a prescription drug. The SlowMag seems to work for many people with mild to moderate hypertension, especially when they combine it with a good exercise regimen.

We understand that the American Diabetic Association has just announced that diabetics, many of whom are hypertensive, can use less insulin when they are put on supplemental magnesium. Of course, all diabetics should check with their doctors before attempting to lower their insulin dosage.

We would like to hear from any diabetics whose doctors have put them on supplemental magnesium to lessen the insulin required.



"On second thought, hold the butter and salt."

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Doctor Tips on Chest Pain and Clogged Arteries

(SPECIAL FEATURE)–If you regularly have chest pain, ringing ears or even leg pain ...your arteries may be clogged...and you may be on your way to a heart attack or stroke. A remarkable health guide by Dr. Edwin Flatto is now available that reveals a medically tested method that can stimulate your arteries to cleanse themselves–the natural way–without drugs or surgery.

It's called "Cleanse Your Arteries & Save Your Life." And it shows you exactly how nature can activate your body's built-in artery cleansing mechanism once you stop eating the wrong foods. It also warns you of the potential danger of certain so-called "cholesterol" diets.

Your own doctor will tell you that partially blocked arteries can produce many of the following symptoms. And he'll also agree that many of these symptoms may be improved once circulation is enhanced and the cleansing process begins. "Cleanse Your Arteries & Save Your Life" is based on documented scientific principles that can help:

- **Reduce chest pain (angina)**
- **Reduce the risk of bypass surgery**
- **Lower the incidence of heart disease**
- **Reduce dizziness & loss of balance**
- **Improve a partial loss of hearing**
- **Help clear up ringing in the ears**
- **Help clear up leg pain, cramps or tiredness in the legs**
- **Stimulate your body to produce a natural substance that seems to protect against heart attack**
- **Make your body dispose of cholesterol**
- **Thin out sludgy, poor circulating blood**
- **Reduce blood triglyceride levels**
- **Lower high blood pressure naturally**

By following Dr. Flatto's advice you can feel better than you have in years. You'll learn which delicious foods to eat and which to avoid. And you'll probably have more energy than you know what to do with. Here's just a small sample of the useful and helpful information you'll find in this valuable aid to better health:

- **When women run higher risks for heart attacks**
- **Which vitamins seem to offer protection against heart disease**
- **Which popular health foods may be dangerous**
- **The real truth about chelation therapy**
- **The real truth about Omega-3 fish oils**
- **The real truth about polyunsaturated fats**
- **How to calm your nerves naturally**
- **What simple food helps you lose weight**
- **Relieve gas and constipation naturally**

Right now, as part of a special introductory offer, you can receive a special press run of "Cleanse Your Arteries & Save Your Life" by Edwin Flatto, M.D. for only $8.95 plus $1 postage and handling. It is not available in any bookstore. It is only available through this special offer. Your satisfaction is 100% guaranteed. If you are dissatisfied in any way, simply return it in 90 days for a full refund–no questions asked.

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Getting Active on Hawaii

continued from page 65

hours of snorkeling or scuba-diving, basking in the sun, a satisfying on-the-water lunch, and just plain leisurely fun—for sheer relaxation, this outing rates an A-plus. The 50-foot trimaran takes off from Keahou Bay on either a morning or afternoon cruise to Kealakekua Bay, once the scene of violence that resulted in the death of the now-legendary Captain James Cook, whose monument graces a nearby bay.

Once there, we donned snorkel gear and dove in to view firsthand the varied and colorful marine life. Novices to snorkeling were instructed on the basics; it's really a simple skill to acquire, and the staff was very helpful. The fish were harmless—a collage of royal blues, brilliant yellows, and coal blacks. For the water-weary, the glass bottom on the trimaran provides a peek at the busy world underneath.

Tip: Bring sunscreen and a large towel. Relatively inexpensive underwater cameras allow you to freeze-frame your piscine pals.

KAUAI

Hawaiians call it "The Garden Isle." With towering mountains and deep, lush canyons, Kauai remains a natural primeval paradise—how you might *imagine* Hawaii to be. Mitzi Gaynor sang "I'm Gonna Wash That Man Right Out of My Hair" from *South Pacific* seated on the rocks along Lumahai Beach, and Bo Derek jogged into history in *10* on Kauai's white-sand Hanalei Coast. Opening scenes from the action-packed wilderness adventure *Raiders of the Lost Ark* were filmed in Kauai's Huleia National Wildlife Refuge. Whether you see it by land, by air, by boat, or by foot, Kauai shouldn't be missed.

For an unequaled view of the dramatic coastline, the Hanalei Sea Tour cruises along the Na Pali Coast. The Zodiac raft courses up the craggy coast, which stretches along a dozen miles of pristine wilderness. Schools of dolphins swim alongside the boat, darting in and out of the waves with playful grace and precision. The sights along the Na Pali Coast are magnificent, and definitely worth the bumpy passage: Undoubtedly, this island boasts some of the most beautiful land on earth.

Shadows play upon the rugged mountain faces, changing contours and deepening colors. It is easy to believe in magic here. The mountain remains uninhabited and uninhabitable, a sanctuary for all to enjoy. Nature has dominion here, as it has for centuries. Rivers seem to fall for miles from distant mountaintops, washing cliffs before cascading into the ocean.

Tip: Don't wear contact lenses—or wear protective goggles if you must wear contacts—and plan on getting wet. Also, the front outside seats get pummeled by waves; sit elsewhere.

The Waimea Canyon, the "Grand Canyon of the Pacific," might best be seen by air or on foot. Helicopter tours of the Waimea Canyon and Na Pali Coast are an unforgettable way to see these sights. As you fly over the canyon, you'll view 5,000-foot-high Mount Waialeale crater—the wettest spot on earth with 471 inches of rain a year, which makes it a hothouse for exotic orchids. Occasionally, you can spot an experienced climber or a

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mountain goat; otherwise the scene is one of untamed wilderness—a wet one, at that.

Tip: The 40-minute helicopter tour is very popular, so book ahead.

If you're on foot, you can experience Kauai up close. The Kalalau Trail is 11 miles long; most hikers complete the first 2 miles of the journey, which ends at the popular Hanakapiai Beach. From the path, you can see Ke'e Beach, the Zodiacs along the coast, and the sweeping Na Pali coastline. Camping is allowed with a permit, but swimming at Hanakapiai is not—the undertow is treacherous. The trail is demanding and often a bit too narrow, but seeing Kauai on foot is definitely worth the extra effort.

Tip: Avoid the holidays; locals love the trail too. Of course, hiking boots or durable shoes are a must. Also, it gets chilly the higher you scale, so dress warmly; rains are also very common.

Excursions to Waimea Canyon, riverboat cruises to the famous Fern Grotto and Wailua River, or Kauai kayak adventures up the Huleia and Hanalei rivers are all exciting alternatives. The shore-excursion office aboard ship can arrange a tailor-made itinerary.

"When will they be ready?"

HONOLULU

The S.S. *Constitution* returned to Honolulu, Hawaii's capital and the largest city in the islands. No trip would be complete without a visit to Waikiki Beach—the playground of the Pacific. The white sand, clear green water, and dramatic Honolulu coastline make it easy to see why people around the globe long to visit the famous strip. By now, many passengers were just plain pooped out, but there were those who scheduled extra days in Honolulu at the end of their trip for surfing, sailing on a catamaran, or hiking to the summit of the famous Diamond Head crater.

Not far from Waikiki are Pearl Harbor and the *Arizona* Memorial. The 50th anniversary of the attack on Pearl Harbor is December 7th; special celebrations will mark the day.

If you plan on visiting Hawaii, now is the time to do so. The Hawaiian tourism industry is launching promotions to attract travelers, and vistors can choose from a wide range of tours. The cruising option eliminates the need for much of the hustle and bustle: Hotel reservations, meals, airline shuttles, and excursion arrangements are all professionally managed from one source. The old phrase "Leave the driving to us" says it all.

Families need not fret about adolescents or younger children at sea, either: Cruise directors realize the special "energy quotient" of the young and keep kids of all ages occupied. Not only are there special presentations addressing the younger passengers, but some lines—such as American Hawaii's "Save the Humpback Whales" theme cruises being held the week of March 14, 1992—offer special packages whereby those 16 and under sail free when cruising with two full-fare adults. Exploring the oceans, learning about endangered species, meeting new friends—children can benefit from the cruise experience in a variety of ways, gaining insight into the world around them.

So whether it's a first or second honeymoon, a dream vacation, or a faraway family adventure, now is the time to get active on Hawaii.

"Why Did You Wait?"

continued from page 51

or lung, it is said to be metastatic. Right now, it's a stage D.

In the years since Uncle Ernie's death, there have been refinements, with sub-categories and additions of tissue "grading" to determine how "differentiated" the cells seem to be. Early detection is now possible. In fact, the whole staging system is currently in a state of redefinition because of the introduction of TRUSP and, especially, of PSA.

Yet 20 years ago, my uncle had plain old stage D prostate cancer that had already spread to his bones before they picked it up. He lingered the average two-and-a-half years a person of his age and stage usually lives, if you can call it living. He had the medically indicated castration, the radiation and the hormone therapy. But he still suffered the pain of multiple bone fractures, especially when his spine started collapsing. He developed the severe anemia leading to continuous bleeding. He suffered the metabolic comas of liver failure, and finally he welcomed the mercy of death.

Monday arrived. I spent the day in the operating room, and at one point the topic turned to my cousin's case. As we talked, I realized the 65-year-old surgeon across the table from me didn't know about PSA. I got on my

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soapbox, and by the end of the case he knew all he needed to know, and more. Consequently, he went to the lab for a PSA.

I called my cousin that night. He'd had the complete workup: history and physical, blood work, TRUSP with biopsies, a radionucleotide bone scan for metastases, and a Magnetic Resonance Image (MRI).

"Well, amigo," he said when he called, and then his voice trailed off. "Like father, like son." He tried to regain his composure. "Stage D."

I remained silent on the phone as my heart cried out, "David, why did you wait?" ❦

A Brief History of Gift Giving

continued from page 29

expected to buy gifts for all the relatives, friends, and casual acquaintances who didn't get to go on the trip with us. That is what my wife tells me. Our neighbors move to the next town to buy a new house. We get them a going-away present and then a house-warming present. We buy presents for people who are going to be married and again when they get married, for people who are going to have a baby and again when they have the baby. It seems endless. Half of my waking hours would be spent shopping for gifts if I hadn't reduced the process to a science: I let my wife buy all the presents. Occasionally, though, I go gift shopping with her to offer my services as a consultant.

"How do you think your sister would like this blouse?" she asks. "Is it her? Or do you think it's a bit too frilly? Perhaps if we found something in a pink—"

"It's her," I advise, rearranging my hairline in a mirror. "Buy it."

Gift shopping has become incredibly easy in recent years, even when I must go alone in search of a present for my wife. Fortunately, she has a fondness for exquisite little red glass cups. As she likes to say, it's the thought that counts. ❦

A Present For Christmas

continued from page 90

I rested there. But suddenly there was a big hand laid very softly on my shoulder. I raised my face. It was Marge. So I don't know how long since she had silently opened my dressing-room door, nor how long she had stood there looking at me.

"Oh, hello, kid," I said. "I thought you'd gone."

"No," she said.

"O.K.," I said. "Give me a minute, and we'll go out and get some supper. I'll buy you a lobster, baby, for old time's sake."

"No," she said. With her handkerchief she gently wiped my cheeks.

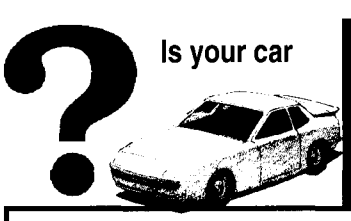
"Forget it," I said. "I'll buy you some champagne too. For nearly Christmas."

"No," she said. "I've got a letter to write tonight. I know what to say, now, John. And Cathleen will listen to me."

"Oh, kid," I said. "I —"

"Hush," she said. "So long, John." Softly, softly, she touched the little package, and walked away, and closed the door for me.

So I guess my girl will be coming back. Maybe we'll open the little package whenever she gets here, but maybe we will never open it. Maybe we will just put it away somewhere, never really knowing what poor small magic is in it. But where I can get it out and look at it again sometimes. If ever I should nearly forget again. ❦



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WHERE DO YOU THINK YOU ARE?

(Answers from page 86)

(Theme: American poets)

1. Whitman, MA
2. Pound, VA
3. Dickinson, ND
4. Frostproof, FL
5. Emerson, NJ
6. Taylor, AZ
7. Poe, IN
8. Crane, MO
9. Riley, KS

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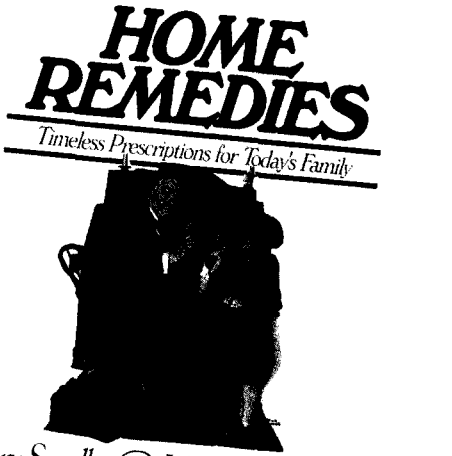

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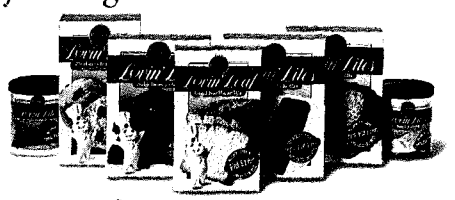

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